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PAGE 20

CALGARY

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Tuesday, December 11, 2012



SILVER LINING

Helen Upperton, who placed second in the two-woman bobsleigh event at the 2010 Winter Olympic Games in Vancouver, shows her silver medal to six-year-old Erin Hamilton at the Alberta Children's Hospital. Upperton was one of 10 Olympians to visit the hospital on Monday to spread some holiday cheer to young patients. ROBSON FLETCHER/METRO

Public school board violated privacy act

Response. Calgary Board of Education developing four-part process to address trustee concerns



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Calgary's public school board violated the Freedom of Information and Protection of Privacy Act when it published the personal information of elected trustees and some of their spouses, a provincial body has ruled.

In a Dec. 4 letter addressed to a complainant from the Alberta privacy commissioner's office that was obtained by Metro, an adviser lays out six recommendations to the Calgary Board of Education. They include greater involvement of the CBE's access-and-privacy division as well

as submission of training materials and administrative regulations to the province for review.

"In my opinion, the breach was a result of human error," wrote portfolio officer Elaine LeBuke.

The violation occurred Oct. 2 when the Calgary Board of Education published expenses incurred by its elected trustees to its website.

The information was removed the next day amid concerns about personal information, including personal phone numbers and partial credit-card numbers, but was reposted twice more — once with black ink that did not completely cover the information, and again with correction fluid, according to the letter.

CBE officials eventually made the decision to remove the information indefinitely, and it has yet to be reposted.

A provincial privacy of-

fice spokesperson confirmed the letter's authenticity but declined to provide further comment.

CBE spokesperson Richard Peter said a four-part process is being developed that includes requirements for trustees to redact some of their own personal information before submitting expense claims, Peter said.

"We made a mistake — we put speed ahead of quality.... We are not going to let that happen again," Peter added.

But Larry Leach, chair of the Association for Responsive Trusteeship in Calgary Schools, questioned whether public confidence in the board has been shaken.

"I think, in this case, checks and balances weren't there," he said. "If they were there, they weren't followed."

A second privacy breach also occurred in October involving a stolen CBE laptop that contained students' personal information.

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Preferred access given: Inquiry

A manager of urgent care at a Calgary clinic says there were times when doctors would push to have family and favourites moved to the head of the line.

It was left to triage nurses to stand up to doctors and make sure the most injured patients were seen first, Don Christensen testified Monday

at an inquiry into preferential access in the province's health care.

Christensen is a supervisor at Calgary's Sheldon Chumir Centre.

He told inquiry head John Vertes that occasionally doctors from other clinics would visit with their sick or injured children in tow.

"They would bring them in and they would sort of present themselves to triage and just say, 'If you make me a chart, I'll just go back and I'll talk to whoever's working.'

The triage nurse was very clear: 'No, if you want your children to be seen here you'll follow due process.'

Christensen said there were other problems with a physician who worked at the clinic but also worked at a private clinic that provided "Cadillac medicine" to select patients.

That doctor has since left the clinic for unrelated reasons, Christensen said.

THE CANADIAN PRESS

Crowchild to reopen after water-main break

Working around the clock. City crews worked on one of largest, most challenging water-main breaks in Calgary history

 ROBSON FLETCHER
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Crowchild Trail should completely reopen by 5 a.m. Tuesday, according to city officials, roughly 55 hours after the route was shut down due to a major water-main break.

"Barring any unforeseen problems, Crowchild Trail will be up and running for the Tuesday-morning commute," emergency-management director Bruce Burrell said.

This was one of the largest and most challenging water-main breaks the city has ever dealt with, Burrell added.

Crews excavated a pit about five metres deep, eight metres long and six metres wide to expose the nearly 80-year-old, cast-iron water main, according to water services director Dan Limacher.

Roads director Ryan Jestin thanked Calgarians for heeding the city's calls to avoid Crowchild on Monday while work progressed on the southbound section between 33rd Avenue and Bow Trail.

Only about 10,000 north-

Common occurrence

Water-main breaks happen hundreds of times per year.

- Roughly seven metres of 40-centimetre-wide, cast-iron pipe from 1934 was replaced with new PVC piping, according to water services director Dan Limacher. The city deals with about 300 water-main breaks a year, Limacher said, although this is one of the largest ever. Limacher said the city is "confident" in the remaining section of cast-iron pipe below Crowchild but "it's not impossible" for another break to occur.

bound vehicles passed through the affected area Monday morning, Jestin said, compared to about 35,000 on a typical morning commute.

The typical useful life of cast-iron water mains is 75 to 100 years, according to a recent report from the Federation of Canadian Municipalities that highlighted the problem of aging infrastructure in cities across the country.

Limacher said the longevity of individual cast-iron pipes depends largely on local soil conditions and, as a young city, Calgary's infrastructure is in better condition than most.



A city crew member works on a section of new PVC piping to replace a broken section of cast-iron water main installed in 1934. CONTRIBUTED BY THE CITY OF CALGARY

**\$34.7M.
City snow-clearing budget stays in the 500**

City officials are reporting snow — err, no — problems staying on budget when it comes to clearing Calgary's roads this year.

In fact, with just a few weeks remaining, \$5 million of the \$34.7 million allocated for such efforts in 2012 has yet to be spent.

"We are on budget, despite the hordes of snow," said spokesperson Jennifer Thompson-Goldberg. "If you look at last year, we had way more snow overall."

The city's 2011 snow budget ran more than \$3 million into the red, but this time around the white stuff has come in bigger dumps, Thompson-Goldberg said, whereas prolonged storms last year led to increased overtime costs for staff.

Some members of city council have been critical of the roads department's practices since voting to hike the snow-removal budget by \$10 million in the fall of 2009; however, officials have pointed out that other cities like Montreal and Toronto spend double or even triple to keep their plows running.

Ald. Ray Jones proposed the increase and said proof of its merit lies in the numbers, adding he knows of only one snow-related complaint to date this year.

"I think we are on the right track now," Jones said, before adding he's still not convinced about the city's new snow-route parking ban, which ward residents claim is confusing and lacks proper signage.

Any money not used up for snow-removal this year will be banked into a reserve fund for future use, Thompson-Goldberg said.

JEREMY NOLAIS/METRO

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SPORTCHEK

New West LRT line a hit with commuters

Transit. Fast service from west end to downtown better than being stuck in traffic, some say

LISA WILTON
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After years of planning and construction, the new western leg of Calgary's LRT finally opened for fare service Monday.

Between 25,000 and 30,000 people were expected to ride the rails on the West LRT's first official day of service.

"This is kind of exciting," said Jerome Hatch, a 29-year-old IT manager, who was travelling between 69 Street S.W. terminal station and the 8 Avenue stop downtown.

"I don't like driving in rush hour and I think taking a bus would take too long. I think this will shave a lot of time off of my commute to work."

Hatch said he thought the new stations looked "clean," although he wondered how long it would be before tags and other graffiti started showing up.

Jenny Bannon, 25, was equally enthusiastic about the new LRT route and said she's more likely to use transit now.

"I'm one of those people who uses their car all the time," she explained.

"I want to cut down on my dependency on it and I think this will really help."

The first C-Train left the 69 Street station at 4:33 a.m.



Calgary commuters generally gave the thumbs-up to the new West LRT line, as it opened for fare service for the first time Monday. CANDACE WARD/FOR METRO

Quoted

"It's a great ride. Very, very smooth. We've got a lot of customers telling us they're enjoying the ride."

Calgary Transit planning manager Neil McKendrick

Monday morning and was set to run until about 1:30 a.m.

"It's a spectacular view," said Calgary Transit planning manager, Neil McKen-

drick, describing the elevated parts of the C-Train tracks, near Sunalta Station.

"It's a great ride. Very, very smooth. We've got a lot of customers telling us

they're enjoying the ride."

McKendrick said the new stations were relatively quiet during the morning rush because schools and universities are winding down classes for the year.

"We won't really see the numbers until January or February in terms of when people come back to riding. We hope we can increase the ridership because we're providing a lot better service now," he said.

\$1.4B line

- The West LRT is the first new C-Train line to be built in 25 years. It cost roughly \$1.4 billion.
- The six new LRT stations are 69 Street, Sirocco, 45 Street, Westbrook, Shaganappi Point and Sunalta.

What do you think of the new LRT so far?



"It is nice having a direct route to work."

Cristianna Popescu, 23



"Hopefully, it will get me to school faster."

Sabrina Lai, 20



"I am very happy to have this new southwest train."

Dak Choap, 42

C-Train. Businesses hoping for big bump from commuters

Businesses along the new West LRT line are hoping to cash in on an influx of new C-Train riders.

"I think our biggest increase will be in people stopping in for lunch or for a cup of coffee," says Chris Dahl, assistant manager of Sunterra Westmarket Square. The grocery store and café is located across the street from Sirocco Station.

"We expect to see a big increase in foot traffic. And I think with us being on one of the far western stops on the LRT, we expect more people to come in for groceries before they head home. We're hoping to sell more ready-made meals and prepared foods."

Mikey's Juke Joint bartender, Nicki Dudas, says many regular patrons of the blues and roots venue at 1901 — 10 Ave. S.W. are happy the Sunalta LRT station has finally opened.

"They're excited about it because they don't have to worry about driving home anymore," she says, adding that she thinks the bar will see a bump in business because it's more accessible.

"Sometimes people get confused driving here because of the one-way streets. It's easier to find now. We're calling it (Sunalta Station) Mikey's Stop."

The lengthy LRT construction period put a dent in Charles Kim's business, but he's trying to stay optimistic now that the new line is operating.

"It's the first day, so I don't know yet," says Kim, who runs the Harmony Convenience Store next to the westbound Kerby Station at 10th Street and 7 Avenue S.W.

"But hopefully it will be better now."

LISA WILTON/METRO



Chris Dahl, assistant manager at Sunterra West Market Square, hopes their spot near the Sirocco Station on the new West LRT line will help draw more foot traffic.

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Reaching a compromise. Province, doctors agree to resume talks on wages

The Alberta government and doctors are going back to the bargaining table.

Health Minister Fred Horne and Alberta Medical Association president Michael Guiffre announced on QR77's Rutherford Show Monday that they have agreed to resume talks.

Guiffre says the province has agreed to the doctors' demand to have a settlement imposed last month withdrawn.

Horne says the imposed settlement — which was four years and \$463 million

Let's make a deal

The facilitator will be named by the end of December with the hope of a signed agreement by the end of February.

— was meant to be the province's plan if a negotiated deal could not be reached.

A facilitator will help the two sides reach a plan to deal with outstanding issues.

THE CANADIAN PRESS

A Kardashian in Cowtown

Kim Kardashian coming to Calgary's Cowboy Dance Hall

Hollywood celeb Kim Kardashian will be making a stop in Calgary early next year to make an appearance at one of the city's most popular bars.

The 17th annual Iced

event at Cowboys Dance hall will be hosted by Kardashian on Jan. 4.

Kardashian is known for her family's reality show Keeping Up With the Kardashians, as well as her romance with rapper Kanye West. Tickets for the Calgary event are available at cowboy-nightclub.com. **METRO**

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Ballet dancers working to save Christmas costumes



Kaitlyn Zoobkoff will need to do another bake sale to pay for her ballet costume after money went missing from a previous fundraiser. CONTRIBUTED

Bake sale theft. Kids aged 4 to 11 hosting fundraiser to recover missing money for dance school costumes

**RYAN
KESSLER**
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Nine-year-old Kaitlyn Zoobkoff will be doing a lot of baking to earn back money that went missing from her ballet class's bake sale.

Kaitlyn is a member of Ballet Classique Methusela dance school. Kaitlyn, her classmates — aged 4 to 11 — and their parents held a bake sale

Saving Christmas

"Do we disappoint our children and say we have to send our costumes back?"

Parent BJ Zoobkoff

to pay off their new Christmas costumes. The costumes range from \$50 to \$100 each.

When the money wasn't turned in, people started asking questions.

"This person just disappeared. After numerous calls, Facebook messages, text messages and emails, there was no response at all," Kaitlyn's mom, BJ Zoobkoff, said.

Parents were expecting \$1,000 from the fundraiser, Zoobkoff said.

Now, the school is trying to make the money back. This Saturday at 10 a.m., Ballet Classique Methusela is holding a performance and another bake sale at Renfrew Community Centre.

Some of the money was turned in Monday morning, but it was far less than promised, said studio owner Sara-Lynne Dewar.

"It hurts my heart," Dewar said. "People's behaviour is out of our control, but as a group, we turned it around to make it positive for us."

It is suspected that one of the parents is responsible, but this has not been verified.

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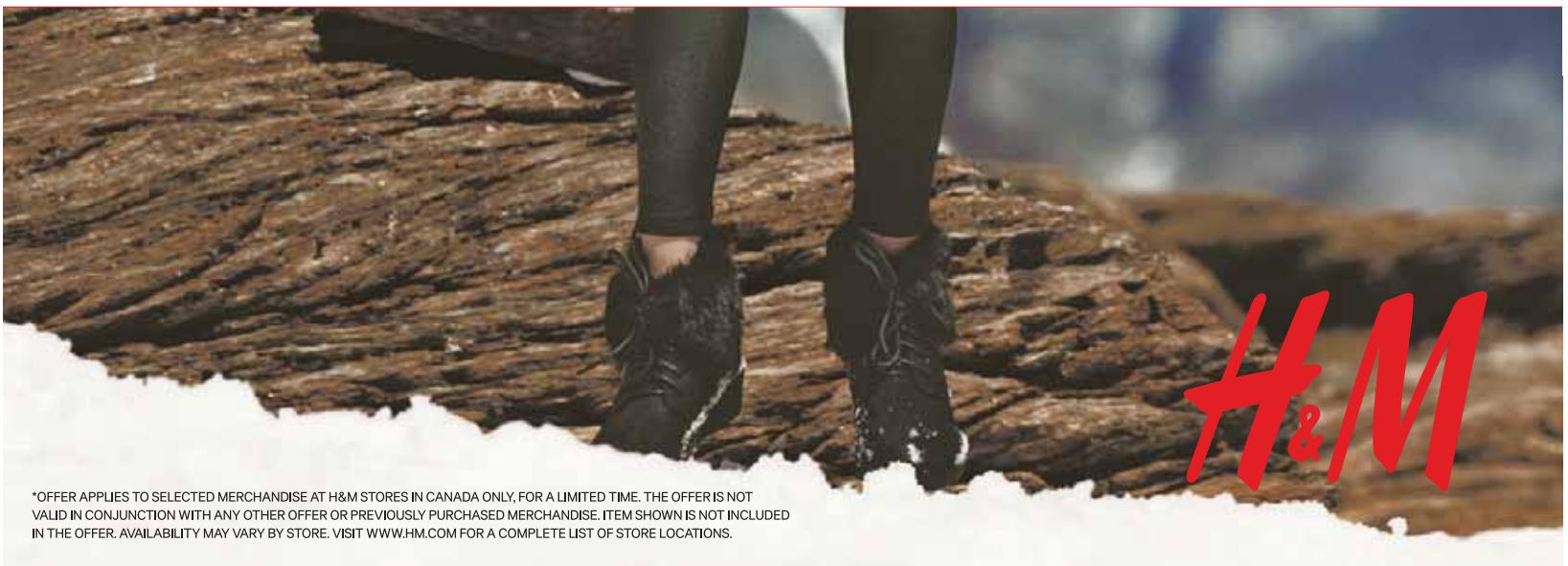
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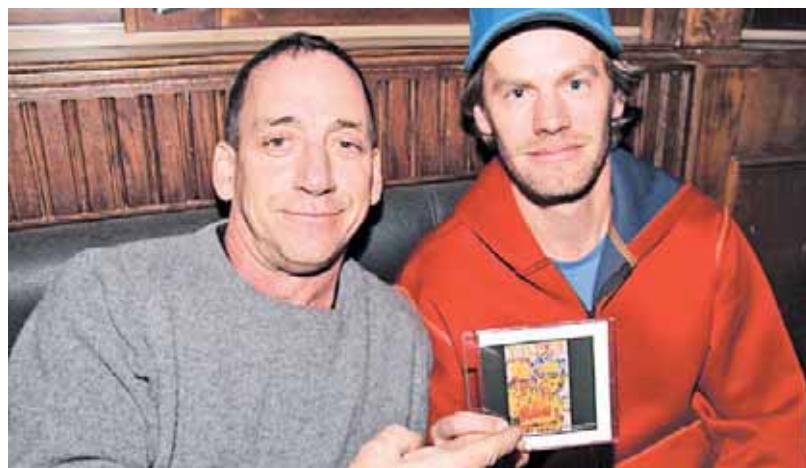
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Greg Holmes, left, and Stevyn Mars hold up their latest Yule Log DVD, which shows them burning computers, energy drinks and fake flowers — but no logs. LISA WILTON/METRO

Filmmakers hope yule go crazy for strange video

But will it give you wings? On Day 4 of Metro's 12 Days of Christmas, we look at a local take on yule-log video that burns a MacBook and Red Bull

LISA
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It's become a heartwarming Christmas tradition in recent years, but two Calgary men have turned the yule-log video into something far more "cathartic."

Last year, Greg Holmes and Stevyn Mars decided they

would spice up the usual fireplace favourite, which consists of a couple of burning logs and the occasional hand coming into shot to add another piece of wood.

The pair created their own hour-long Yule Log DVD with a twist. Instead of simply adding wood to the fire, Mars and Holmes threw an old telephone, a CD, a McDonald's Happy Meal and a Barbie Doll head into the flames, with rather dramatic results.

"We had no idea that putting a telephone in a fire was going to be that dynamic," says Holmes, who created the video on the suggestion of a friend.

"It went crazy."

This week, Mars and Holmes released Yule Log 2, which features even more

bizarre kindling, including a MacBook, a can of Red Bull and a bouquet of plastic flowers.

"We burned more expensive items this year," says Mars.

"There's a more explosive element to it. And it's shot better too."

They filmed their latest Yule Log installation at an acreage near Priddis to avoid the wrath, or at least intense annoyance, of their Calgary neighbours. As well, they employed a "safety director" to make sure things didn't get too out of control.

"It's such a consumerist culture, so it's actually cathartic to watch these items burn," says Holmes.

Yule Log 2 can be found at Sloth Records on 17th Avenue, or e-mail askstevensbum@gmail.com.

Southeast. Rush-hour crash claims life of female driver

Emergency responders rushed a woman to hospital Monday evening following a rush-hour crash in Calgary's southeast but she was later pronounced dead.

The collision took place shortly before 5 p.m. at the intersection of Peigan Trail and Barlow Trail S.E. shortly before 5 p.m. and involved a Dodge Neon and Ford F-250 truck, a police spokesperson said.

Details of the incident were limited.

The victim was the lone occupant in the Neon. An adult and two children in

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the F-250 were examined as a precautionary measure, but suffered no major injuries, police said.

The intersection was shut down for hours Monday night as investigators worked to determine the cause of the collision.

The victim's name and age had not been released at press time. METRO

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Playing an entire NHL season in one weekend

NHL Lock-In.

Gamers will marathon NHL 13 for hours to raise money for charity

Hockey fans need not fret; the NHL season will be played — on Xbox 360.

Gamers from across the country are planning to come together this weekend to play the entire season in roughly

48 hours.

"I'm a huge hockey fan, and the fact that there's been no hockey is driving me mental," said Ryan Lindsay, founder of NHL Lock-In.

Lindsay, a radio host with Calgary's 90.3 Amp Radio, said in addition to missing hockey, he was inspired to help out Child's Play — an organization that helps fulfill wish lists for toys and games at children's hospitals.

Funds raised during NHL

Lock-In will be donated to the Alberta Children's Hospital, the IWK Health Centre in Halifax and the Children's Hospital of Eastern Ontario, where Lindsay said he spent a lot of time as a kid.

"We're all going to try to power against the 82-game season, partially against the computer, partially against each other," said Lindsay, adding there are teams as far as Ottawa and Fredericton signed up.

"No hockey? No problem. We'll make a season of our own."

The gaming will begin around 5 p.m. Saturday, and Lindsay expects the marathon will likely last into Sunday. He'll be live-streaming the event as well as live-auctioning some donated items, including signed Calgary Flames swag.

To watch the live stream or to donate, visit nhlockin.com. KATIE TURNER/METRO



Display nabbed. Cancer survivor's Christmas spirit unchanged after theft

Marlene Sanderson woke up Thursday morning and realized she'd been Grinched after someone stole the Mickey Mouse Christmas display from her southeast Calgary yard.

Sanderson has decorated her Southview front yard with inflatable Christmas displays for 15 years.

It's a tradition she began with her husband, who died of cancer three years ago. Together, they designed and painted several stand-up decorations.

"Glenn loved the Christmas stuff," Sanderson said. "He'd be pretty unhappy if he knew what happened."

Sanderson was upset after the theft but didn't let it ruin

her Christmas spirit. She went out and bought a new display for her yard.

"I'll do it again next year," she said.

Sanderson didn't set up her decorations this year because she was recovering from her own cancer-related surgery. But her granddaughter Melissa Kinney made sure the yard was still dressed up.

"Who would steal a decoration just before Christmas?" Kinney said. "It's very low of them to steal from a senior."

Kinney hopes the thief will return the blow-up display so her family and the community can continue their Christmas tradition. RYAN KESSLER/FOR METRO



Marlene Sanderson and her granddaughter Melissa Kinney didn't let a Christmas thief ruin their family tradition. RYAN KESSLER/FOR METRO

Two-hour period

emailSanta.com

Elves give the gift of parking

Santa's elves will be back in action to take care of your parking meter Dec. 15.

For the second straight year, parking elves will be handing out two hours of free parking on Kensington, Uptown 17th and 4th streets.

Visitors should approach a parking elf and ask for free parking before paying at the meter. Elves will also randomly select people for free parking sessions.

METRO

Tech-savvy Santa back for 15th year

Santa is ready for yet another year of emails.

Calgary-based Email-Santa is back for a 15th Christmas. Kids can log on to emailSanta.com to submit wish lists and season's greetings.

EmailSanta also has a countdown to Christmas, a naughty-or-nice list and several other related links.

You can follow Santa on Twitter @KringleClaus.

To get ahold of Santa the old-fashioned way, mail Santa Claus at North Pole, Canada, HOH OHO. METRO

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Undercover research. Animal cruelty rooted out at Manitoba hog farm

 **BERNICE PONTANILLA**
Metro in Winnipeg

An animal-welfare advocacy group said a months-long undercover investigation at a Manitoba hog farm demonstrates a need for swift action on the part of retailers, industry and government.

"The extreme cruelty documented at this factory farm would horrify most Canadians but is considered standard and acceptable within the pork industry," said Twyla Francois, director of investigations for Mercy For Animals (MFA) Canada, at a press conference in Winnipeg on Monday.

"These are the standards that exist right across Canada."

The footage was captured by an undercover investigator who spent 10 weeks from July to September working at hog farm Interlake Weanlings, owned and operated by Puratone in Arborg, Man.

In it, sows are seen in pens so small that they cannot turn around, called gestation crates. The video also showed sows with sores and eye infections, as well as the tails and testicles of piglets being sliced off without painkillers.

Francois said this facility was randomly selected, as the investigator sent many job ap-



Twyla Francois of Mercy For Animals. BERNICE PONTANILLA/METRO IN WINNIPEG

Hazy days

Marijuana now legal in Colorado

Marijuana for recreational use became legal in Colorado on Monday when the governor took the procedural step of declaring the voter-approved change part of the state constitution.

Colorado became the second U.S. state after Washington to allow pot use without a doctor's recommendation. Both states prohibit public use of the drug, and commercial sales in Colorado and Washington won't be permitted until after regulations are written next year.

Official response

A statement from Ray Hildebrand, president and CEO of The Puratone Corporation:

- "We are disturbed by some of the images ... which do not reflect our animal welfare policy and principles.... All of our employees receive training to ensure that they adhere to these standards, and we have veterinarians on staff to enforce these requirements. We have launched an immediate investigation and corrective actions will be taken."

plications and it was the first to hire him.

The MFA is calling on grocery retailers Sobeys, Superstore and Walmart to stop purchasing from companies that employ such practices.

Gestation crates have been banned by the EU, Australia, New Zealand and nine U.S. states.

Maple Leaf Foods, which is in the process of purchasing Puratone, has committed to phasing out gestation crates by 2017.

Allegations of bias fly in robocall case

Election scandal.

Pollster Frank Graves grilled over donations to federal Liberals

The credibility of a key witness in a legal bid to overturn Conservative victories in six closely contested ridings came under fire Monday as hearings began into allegations of voter-suppression tactics during the last federal election.

Eight Canadians — supported by the left-leaning Council of Canadians — are challenging the results in those six ridings, alleging misleading or harassing phone calls kept some people from voting and may have affected the results.

Central to the Federal Court case by eight applicants is a report by the firm of pollster Frank Graves, which he says shows signs of a targeted voter-suppression campaign aimed at non-Conservative voters during the May 2011 election.

On Monday, Conservative party lawyer Arthur Hamilton grilled Graves, president of Ekos Research, over donations to the federal Liberals dating back to 2006, as well as inconsistencies in prior court affidavits submitted as part of the case.

Graves is unfit to be an expert witness in the case, Hamilton argued.

The Conservative party lawyer produced screenshots from the Elections Canada website showing three donations between 2006 and 2008. Graves said his office recorded the cheques as donations to the party.

Earlier in the day, Hamilton argued the case is frivolous, saying the eight applicants are really just stand-ins for the left-wing council.



The applicants' lawyer, Steven Shrybman, during a recess of Federal Court on Monday. ADRIAN WYLD/THE CANADIAN PRESS

Elections Canada investigation

The case is parallel to — and unsupported by — an ongoing Elections Canada investigation into the fraudulent robocalls, stemming from complaints that have surfaced in 56 ridings across the country.

• **Tory denial.** While the misleading phone calls appeared to target non-Conservative voters, the

Conservative party insists it had no involvement in any such scheme and says it is assisting the investigation.

• **Greasy culprit.** A shadowy operative known only as "Pierre Poutine" is believed to be behind the calls. However, Elections Canada has not yet been able to find that person.

Canada may see little return on \$40B jet investment: Report

Amid the avalanche of figures, statistics and soothing political assurances coming this week on the Conservative government's troubled stealth-fighter program, one report will warn about the lagging benefit for Canada's aerospace sector.

"The government has been promising the world, but that's going to be very different than what's in hand," said Winslow Wheeler, a U.S. aviation expert and critic of the F-35.

When the Harper government announced its intention

to buy the Lockheed Martin-built F-35 Lightning II in 2010, government ministers trumpeted the benefits to Canadian aerospace companies.

The air force's research, largely based on information from the U.S. manufacturer, suggested Canadian industry would be in line for as much as \$12 billion US in manufacturing or spare-parts contracts.

Industry Canada quietly lowered those expectations last spring, to \$9.85 billion, following a blistering report from the



An F-35 Joint Strike Fighter in 2010.

THE CANADIAN PRESS FILE

the \$9 billion mark, thanks to stiff competition from other nations whose participation in the development has given them preferential access to the manufacturer's supply chain.

The F-35 project is unlike traditional military procurements, in which the winning contractor is required to spend the equivalent of the contract value in Canada.

To date, 70 Canadian companies have secured more than \$435 million in contracts.

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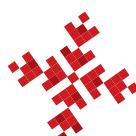
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^② Customer receives \$80 Bonus Credit (\$10/month for 8 months) with Auto-Pay signup.



Egypt. Army takes over security until referendum

The Egyptian military on Monday assumed joint responsibility with the police for security and protecting state institutions until the results of a Dec. 15 constitutional referendum are announced.

The army took up the task in line with a decree issued Sunday by President Mohammed Morsi. The Islamist leader on Monday also suspended a series of tax hikes announced the previous day on alcohol, cigarettes and other items.

The presidential edict orders the military and police to jointly maintain security in the run-up to Saturday's vote on the disputed charter, which was hurriedly approved last month by a panel dominated by the president's Islamist allies despite a boycott of the committee's liberal, secular and Christian members.

The decree also grants the military the right to arrest civilians, but presidential spokesman Yasser Ali said it was nowhere near a declaration of martial law.

"It is merely a measure to extend legal cover for the armed forces while they are used to maintain security," Ali

Constitutional jitters

- Morsi's decision to lean on the military to safeguard the vote is widely seen as evidence of just how jittery the government is about the referendum on the draft constitution, which has been at the heart of days of dueling protests by the opposition and Morsi's Muslim Brotherhood backers.
- The two sides clashed in Cairo last week, leaving at least six people dead and hundreds wounded in the worst violence of the crisis.
- Both the opposition and Morsi's supporters have called for mass rallies on Tuesday.

told The Associated Press.

There were no signs of a beefed up military presence outside the presidential palace, the site of fierce street clashes last week, or elsewhere in the capital on Monday. **THE ASSOCIATED PRESS**



Afghan protesters seek justice on Human Rights Day

An Afghan protester speaks on a loudspeaker as others hold portraits of Afghans who were killed in the past three decades of war and violence, during a demonstration organized by the Social Association of Afghan Justice Seekers in Kabul on Monday. Dozens of Afghans who have lost their family members and relatives marched in Kabul to mark International Human Rights Day asking for justice for the deaths of their loved ones.

MUSADEQ SADEQ/THE ASSOCIATED PRESS

Live-stream comments

Software creator predicts doom if returned to Belize

Software company founder John McAfee said Sunday he wants to return to the United States and "settle down to whatever normal life" he can.

In a live-stream Internet broadcast from the Guatemalan detention centre where he is fighting a government order that he be returned to Belize, the 67-year-old said "I simply would like to live comfortably day by day, fish, swim, enjoy my declining years."

Police in neighbouring Belize want to question McAfee in the fatal shooting of a U.S. expatriate who lived near his home on a Belizean island in November.

The creator of the McAfee antivirus program again denied involvement in the killing during the Sunday Internet video hook-up, during which he answered what he said were reporters' questions.

The British-born McAfee was emphatic that "I cannot ever return to Belize ... There is no hope for my life if I am ever returned to Belize."

"If I am returned," he said, "bad things will clearly happen to me." **THE ASSOCIATED PRESS**

Bosnia

War-survivor commemoration banned: Activists

Activists say Bosnian Serb police have banned a march by war survivors to mark International Human Rights Day in Prijedor, where thousands of non-Serbs were killed or disappeared during the Serb occupation that began 20 years ago.

Seven protesters marched in Prijedor on Monday with duct tape over their mouths. They carried a banner that read:

"Where human rights are violated, civil disobedience is a must." Activists used Facebook to post the police letter, which did not explain why the march was forbidden.

The International Commission on Missing Persons has reported that at least 1,500 people were killed in Prijedor and 1,800 were missing. Thousands were imprisoned and many were raped, tortured or killed.

Previous commemorations of non-Serb suffering during the 1992-95 war have been banned in Prijedor.

THE ASSOCIATED PRESS

No Santa

Uzbekistan president's heart two sizes too small

Taking a leaf out of a Dr. Seuss story, the Central Asian nation of Uzbekistan is reportedly stealing Christmas by keeping the local version of Santa Claus off the airwaves.

Independent news website UzMetronom reported Monday that President Islam Karimov's authoritarian government imposed the informal ban on Father Frost and his snow maiden sidekick.

The characters have for decades been regular fixtures across the former Soviet world over the New Year's holiday season.

The ban is similar to the semi-official 2005 ban on celebrating New Year's Eve.

Uzbekistan has proven hostile to other holidays deemed insufficiently native. In February, authorities cancelled concerts for Valentine's Day and instead organized readings of poems by medieval Mughal emperor Babur.

Karimov has been eager to eliminate Soviet culture in Uzbekistan.

THE ASSOCIATED PRESS

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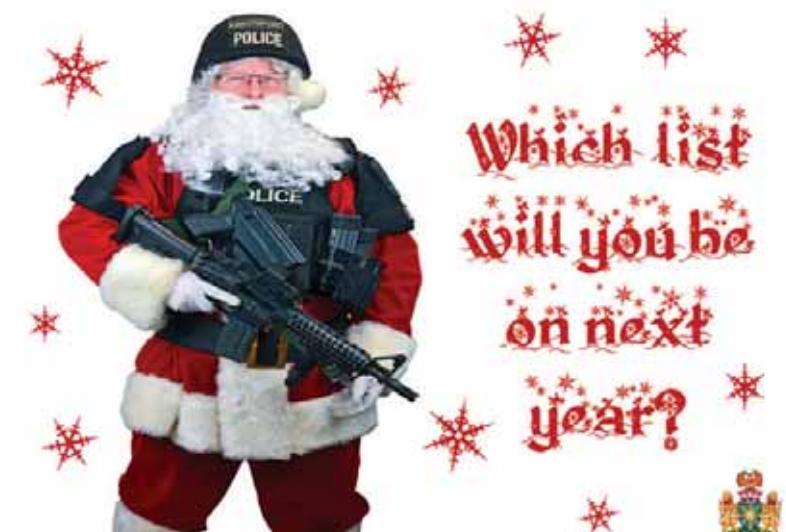
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The Abbotsford police sent this holiday card to known offenders and people with gang affiliations, hoping the gesture would inspire the recipients to choose a different path in life. CONTRIBUTED

B.C. police enlist machine-gun Santa

Christmas crackdown.

Provocative holiday card offers a helpline for offenders looking to choose a new path



EMILY JACKSON
Metro in Vancouver

and gangs.

The card asks, "Which list will you be on next year? Will it be naughty or nice?" On the inside, it provides a phone number to call for help making better choices.

Sure, it's a little provocative, but that's what could make people open the card and realize the police are there to help them choose a different path in 2013, Const. Ian MacDonald said.

"If it was just a snow-scape from the APD with just the additional messaging, we don't think it would get peoples' attention in the first place," MacDonald said.

Police sent a holiday card on Friday featuring Chief Const. Bob Rich dressed as a machine-gun-toting Santa in tactical gear to dozens of prolific offenders and people involved with drugs

Many offenders it was sent to have likely seen officers in Emergency Response Team

gear anyway, especially if they're involved in drugs, he said. The card is in the mail to those who have 10 or more criminal convictions, have been the subject of five or more police investigations in the past six months, are at a set address to obey court conditions or are involved in gangs or drugs.

The same graphic was sent to the regular mailing list and the offenders, with the only difference being the helpline message inside, MacDonald added.

Should people call the line, they'll have the chance to leave a message and set a time to speak to police about a new path. "You are always only one choice away from changing your life," the card reads.

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Mother helps save sex slaves

But her own child is still missing. Verdict expected in Argentina case against daughter's alleged kidnappers

Susana Trimarco was a housewife who fussed over her family and paid scant attention to the news until her daughter left for a doctor's appointment and never came back.

After getting little help from police, Trimarco launched her own investigation into a tip that the 23-year-old was abducted and forced into prostitution. Soon, Trimarco was visiting brothels seeking clues about her daughter and the search took an additional goal: rescuing sex slaves.

What began as a one-woman campaign a decade ago developed into a movement and Trimarco today is a hero to hundreds of women she's rescued from Argentine prostitution rings. She's been honoured with the "Women of Courage" award by the U.S. State Department.



Susana Trimarco launched her own investigation when told her abducted daughter may have been sold for sex. INFOTO/JULIO PANTOJA/THE ASSOCIATED PRESS

ment and was nominated for the Nobel Peace Prize on Nov. 28. Sunday night, President Cristina Fernandez gave her a human-rights award.

But years of exploring the decadent criminal underground haven't led Trimarco to her daughter, Maria de los Angeles "Marita" Veron, who disappeared from their home town in provincial Tucuman, leaving behind her own three-year-old daughter, Micaela.

"I live for this," the 58-year-old Trimarco said.

Her painful journey has now reached a milestone.

Publicity over Trimarco's efforts prompted Argentine authorities to make a high-profile example of her daughter's case by putting 13 people on trial for allegedly kidnapping Veron and holding her as a sex slave in a family-run operation of illegal brothels. A verdict is expected Tuesday. THE ASSOCIATED PRESS

Maid can 'move on with her life' after lawsuit against ex-IMF chief



Nafissatou Diallo THE ASSOCIATED PRESS

Former International Monetary Fund leader Dominique Strauss-Kahn and a hotel maid settled her lawsuit Monday over sexual-assault allegations that sank his political career and spurred scrutiny of his dealings with women on two continents.

The housekeeper, Nafissatou Diallo, looked composed and resolute as state Supreme Court Justice Douglas McKeon announced the confidential

deal. Strauss-Kahn stayed in Paris and was mum when asked about the settlement, which came after prosecutors abandoned a related criminal case because they said Diallo had credibility problems.

Diallo's attorney, Kenneth Thompson, called her "a strong and courageous woman who never lost faith in the justice system. With this resolution, she can move on with her life." THE ASSOCIATED PRESS

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Mobile safety

FTC wants to know if apps collected data from children

Software firms that make cellphone apps are being investigated to determine if they violated the privacy rights of children by collecting personal information from phones and sharing it with advertisers and data brokers, the U.S. Federal Trade Commission said. **THE ASSOCIATED PRESS**

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GOOD NEWS TODAY

We know what real love is because Jesus gave up His life for us. So we also ought to give up our lives for our brothers and sisters. If someone has enough money to live well and sees a brother or sister in need but shows no compassion, how can God's love be in that person?

(1 John 3:16-17)

GOODNEWS TODAY.CA

Tie one on! Random House staff to get \$5K cheques

Bondage bonuses.

Publishing house has had banner year, thanks to *Fifty Shades of Grey*

Sex sells, but it also gives back. Thousands of Random House employees in Canada and the United States will each receive a \$5,000 bonus cheque on Thursday as a "thank you" for a lucrative publishing year.

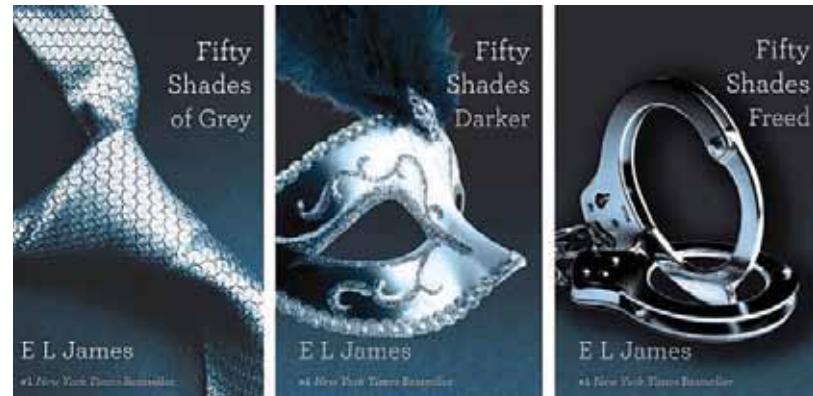
The erotic bestseller *Fifty Shades of Grey* and its two sequels, published by Random House, have sold 60 million copies worldwide.

Other Random House titles have also raked in profits this year, including *Gone Girl* by Gillian Flynn, *Wild* by Cheryl Strayed and *The Racketeer* by John Grisham.

"This is a one-time special thank you for a great 2012," Random House U.S. spokeswoman Stuart Applebaum told Torstar News Service.

"To my long recollection, this is the first time we have done something of this scope and magnitude."

A few thousand Random



This combination of book cover images shows the *Fifty Shades of Grey* trilogy by bestselling author E.L. James. Random House, which publishes the books, had such a good year it's giving employees \$5,000 year-end bonuses. **THE ASSOCIATED PRESS FILE**

House employees in the U.S. and 170 in Canada will see their bonuses in this Thursday's paycheques, Random House Canada spokeswoman Tracey Turriff said.

"Everyone from the CEO to the staff in the operating centres will each receive the same amount," said Applebaum.

Fifty Shades is published in 31 languages but the bonuses are "a North American initia-

Quoted

"To my long recollection, this is the first time we have done something of this scope and magnitude."

Random House U.S. spokesman Stuart Applebaum

tive," said Turriff.

Employees who've worked for Random House for the full year will get \$5,000, said Turriff. Newer employees' bonuses will be pro-rated.

Random House — a division of media giant Bertelsmann — and publishing behemoth Penguin Books announced a worldwide merger in October.

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MAKE NICE FOR THE HOLIDAYS AND AVOID THESE NAUGHTY MISTAKES



SHE SAYS...
Jessica Napier
metronews.ca

The holidays tend to bring out the best in people, but occasionally (often) they also bring out the worst. Here are five common mistakes you'll probably make at some point this season, but maybe should try to avoid.

1. Do something inappropriate during the office holiday party.

It doesn't take a genius to figure out that free booze + annoying co-workers (or even worse, a sexy co-worker) make for a terrible combination. Plenty of you are going to get yourselves into trouble after a few too many eggnog-based bad-idea bevvies. But be sure to alternate between yuletide cocktails and water to avoid turning into a red-faced wreck, and remember — what happens at the office party ends up on Facebook.

2. Attempt to shop for others and buy gifts for yourself instead.

I get it: You're roaming the mall on a peppermint-mocha high and suddenly you want to buy ALL THE THINGS. But you know who's going to be really mad about that decision? Future you. A \$40 lipstick is going to seem pretty wasteful when you see your credit card bill in January.

3. Feel sad about spending the holidays alone.

There's something about this time of year that brings out the smugness in happily-in-love couples. And sure, it would be ideal if we all got to spend the holidays walking hand-in-hand with that special someone through a majestic snow-covered winter wonderland, but the reality is, that may not happen for you. So ignore your Facebook feed as it lights up like a Christmas tree with engagement-ring photos and focus on yourself. Spend the money you saved on not buying a gift for a significant other on an enjoyable solo excursion and laugh at all those people suffering through overcooked turkey with the in-laws.

4. Make the "seriously?" face after opening a terrible gift.

It's hard to feign excitement over a lacklustre gift. One year my grandparents gave me a biblical pamphlet and a pair of scissors. No, it wasn't a joke. I smiled graciously despite my secular leanings and an abundance of clippers back home. Because if the holidays are about making others happy, then pretending you really love a three-pack of gym socks or a novelty tie is the least you can do.

Which brings me to my final mistake.

5. Forget what it's really all about.

The holidays aren't really about the presents; they're about being present (see what I did there?) with your loved ones. So stop Instagramming your holiday haul and try to warm that Grinch heart by having an actual conversation with your family.



No need to make the puppy face this season. FLICKR.COM: SADIEHART

Darwinism makes fashion sense



REBECCA ROSE/TWITTER

Monkeying around

Tweeters go ape over Darwin

Twitter can't stop monkeying around.

Since the discovery of a stylish monkey wandering around a Toronto Ikea parking garage Sunday the Twittersphere has exploded.

Darwin, the rhesus macaque monkey now in the custody of the Story Book sanctuary, has become an overnight Internet sensation and garnered attention from CNN's Anderson Cooper and

a number of politicians on Parliament Hill, not to mention media from around the world.

A number of Twitter users took to the Ikea monkey hashtag (#ikeamonkey) Monday to quip about the sharp-dressed man, er, monkey.

One tweeter implied Darwin and Oasis' Liam Gallagher might be long lost brothers.

"If IKEA has any business sense at all, it'll be rushing sheepskin coat-wearing toy monkeys to its outlets by Christmas," said @ColinHalting. **TORSTAR NEWS SERVICE**



@GRAPHICMATT/TWITTER

Runaway to runway



SSENSE/CONTRIBUTED

Darwin is setting fashion trends with his tan, double-breasted shearling coat.

- Toronto Life claimed there's a coat to make you look as dapper as the Ikea monkey: the "tan, faux-shearling parka from A.P.C. with inset pockets and a concealed zipper..." (Pictured above, which was published next to a picture of Darwin).

Memes

Ikea monkey often imitated

From one-liners, to silly new Ikea slogans, to Photoshopped pictures, people are having endless amounts of fun with the news that a monkey named Darwin was spotted running around outside an Ikea in a shearling coat on Sunday.

One user posted a picture of the monkey, sporting its stylish coat juxtaposed with pictures of Ryan Gosling and Jared Leto wearing similar jackets asking, "Who wore it best?" **TORSTAR NEWS SERVICE**



PERCYCARROT/INSTAGRAM



Twitter

@classythompson: About to take the new train downtown. Hopefully it has as many hotties as the 101 used to. #yyz #transit

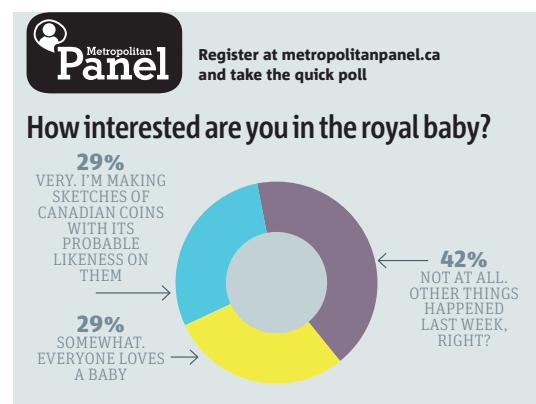
@Nia_TaylorGang: The new #yyz #lrt makes me feel like I am in Vancouver!!!!!

@YYCDarren: Dear coworkers, if I could rearrange the alphabet, I would put STFU together. #yyz #mon-

daymonday #needcoffee

@HARKoncanucks: Conspiracy theory: crowchild south sabotaged intentionally, to get calgaryans to rely on public transit/West LRT. #YYC

@ucphilanthropy: The first thing I thought of when I heard about the water main break on Crowchild is what an awesome ice rink that would make #yyz #skater





Big Boi's new album *Vicious Lies and Dangerous Rumors* is his second standalone effort from OutKast. ANDREW ZAEH

Setting the record straight on a dangerous rumour

Big Boi's new album. One half of OutKast has some new work to share, but first Metro had to find out how to Tom Petty someone

PAT HEALY
Metro World News

Vicious Lies and Dangerous Rumors, the second stand-alone solo album from Big Boi, may raise a few questions about a certain Southern musician. No, we're not talking about his erstwhile OutKast collaborator André 3000, but Tom Petty. The first lines of a track with the title spelled out Thom Petty feature an impossibly deep

voice chanting, "Thom Petty that hoe/free falling, we out all night." We had to get to the bottom of the meaning before any real vicious lies or dangerous rumours spread.

What does it mean to Tom Petty somebody?

If you're going out for the wild night and you never know where the night is going to take you, we call it free falling. That's called Tom Pettying! If you Tom Petty for the night, you don't know where you're going to end up at in the morning.

Does Tom know about this?

I don't know.

Is this something you're doing to create a dialogue? Would you ever collaborate with him?

Hell yeah! If it was time to do it, then yeah. I'll work with anybody as long as it's fun.

I heard you had been working on something with Modest Mouse, too.

Well, they came and they wanted us to do some work on their album, me and my partner Chris (Carmouche), so they came down for a weekend and we co-produced like three records with them. I think they're just handling some stuff internally, but the songs are dope as hell, and I can't wait for them to come out.

Who else are you trying to work with?

I really want to work with Kate Bush. That's the only person that I haven't worked with that I want to.

I heard that you really wanting to work with her! And you guys are exchanging emails now?

We're actually talking on the phone. We're going to have a face-to-face meeting when I go over to Europe, just to sit down and talk with her, catch up a little bit and see where we can go from there.

How did the collaboration with the bands Phantogram and Little Dragon work? Did either of you come into the studio with ideas you wanted to use?

Not really. It really all starts with the music. We started recording and it was like an experimental process. We started with sound, from scratch, and let the song just build from there.

What kind of back-and-forth did you have with the bands?

As far as production wise, it was tinkering with the music. When we first record all the elements might not be there, and through the course of 13 months the song would change several times, just adding to the music. Me and my partner, Chris (Carmouche), were pretty much in charge of the whole metamorphosis of the music, so I had both Little Dragon and Phantogram each come for like a week straight, and we'd just sit down and record a lot of music. And then we would send the stuff back and forth, and if they had elements they wanted to add, they would add it and send it back to us.

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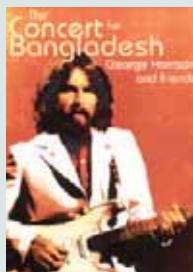
Ask your Beauty Advisor for a personal consultation

Bruce Springsteen, Kanye West, Alicia Keys and more are banding together for a concert for Hurricane Sandy relief on 12/12/12. While the quaint notion that rock 'n' roll can heal the world's ills may have been dialed back considerably since the 1960s, it certainly can spur fans to donate to a worthy cause.

MIKE DOJC
scene@metronews.ca

Concert for Bangladesh (1971)

Sitar strummer Ravi Shankar and his most heralded disciple, the Beatles' resident quiet guy George Harrison, rounded up a bunch of their famous buddies to raise funds for Unicef and other aid groups operating in the flood-ravaged and war-torn region. The two resulting shows staged in Madison Square Gardens along with the accompanying benefit album and film raised more than \$15 million and proved that when properly harnessed, music can be a powerful force in building awareness and helping to affect change. Concert for Bangladesh is often heralded as the godfather of marquee benefit concerts of global import. Headliners: Ravi Shankar, George Harrison, Eric Clapton, Bob Dylan, Billy Preston.



HANDOUT

Live 8 (2005)

The sequel to Live Aid really upped the ante on its predecessor with an even loftier goal, the eradication of poverty through African debt forgiveness, trade concessions and billions in new aid. Bob Geldof turned the volume up on the musical extravaganza, arranging more than quadruple the participating venues. Star packed bills played Berlin, Cornwall, Edinburgh, Johannesburg, London, Moscow, Paris, Philadelphia, Chiba, Japan and Barrie, Ont. Still, London's Hyde Park was clearly the show to be at with the likes of U2, REM, and Elton John among the warm-up acts. Headliners: Pink Floyd, Bjork, Pet Shop Boys, The Cure, Neil Young.



GETTY IMAGES

5 concerts with benefits

Hope for Haiti Now (2010)

Merely a couple weeks after a 7.0 earthquake decimated the island nation killing 300,000 and displacing 1.5 million into tent cities, a telethon benefiting the Clinton Bush Haiti Fund, Oxfam and other Haiti relief charities was staged. Host Wyclef Jean provided the show's most memorable moment. "Hold up, enough of the mopping, let's rebuild Haiti, let's show 'em how we do it where we come from," he hollered midway through Rivers of Babylon before launching into Yele, a rhythmic jam with the chorus "earthquake, we see the earth shake, but the soul of the Haitian people it will never break." Headliners: Alicia Keys, Rihanna, Taylor Swift, Madonna.



GETTY IMAGES

Live Aid (1985)

Packed houses at Wembley in London, England and JFK Stadium in Philadelphia along with 1.9 billion home viewers tuned in to catch the concert of the decade, an ambitious dual venue benefit bent on quashing hunger in Ethiopia. At the Philly show folk star Joan Baez set the tone: "Good morning, children of the '80s. This is your Woodstock, and it's long overdue." The most touching moment came at the curtain call when the stage filled with dozens of artists sharing mics for an emotional rendition of We Are the World. Headliners: Sting, Queen, U2, Madonna, Run-DMC and Phil Collins, who played Live Aid on both sides of the pond by hopping on a Concorde flight.



GETTY IMAGES

SARSstock (2003)

Toronto hotels were on life support in the wake of a World Health Organization travel advisory warning that goosed pandemic fears and spooked potential visitors. Leave it to the Rolling Stones, whose deep affection for the city spurred the legendary band to help resuscitate a flat lining tourism industry. The aim of this hastily arranged music marathon was to show to the world that Toronto was safe and open for business. Upwards of 490,000 revellers, including yours truly, swarmed Downsview Park on a steamy day in July for the biggest ticketed concert in Canadian history. While the heat was oppressive and there was no shade in sight, aside from a whole lot of sunburn, the only real hitch came when unruly fans boozed and hurled plastic bottles at pre-SexyBack Justin Timberlake. Headliners: Rolling Stones, AC/DC, Rush, The Guess Who, Blue Rodeo.



TORSTAR ARCHIVES

Simple Plan puts their 12-year story in book

Definitive history.

Chuck Comeau's tendency to collect everything has paid off as band puts together story for their fans

IAN GORMELY
scene@metronews.ca

Every parent has at least one box of their adult children's things buried in the basement, or tucked away in an attic. But whatever misgiv-

ings they may have about their kid's junk pales in comparison to the array of items Chuck Comeau's been storing at his parent's home for the last 15 years.

The Simple Plan drummer has played the role of "archivist" in the Montreal-based band since he and singer Pierre Bouvier started out as Reset when they were teenagers. "In the early years, you don't really know if you're going to become successful," he says, as he autographs a foot-tall stack of press photos of the five-piece group. "For some reason, we felt it would be cool to look back on that

stuff."

Comeau finally made good on his threat last summer, digging through the 30 boxes of set lists, ticket stubs and even record label rejection letters in preparation for a book, titled Simple Plan: The Official Story, that celebrates the 10th anniversary of the group's debut album, No Pads, No Helmets ... Just Balls. "It took a long time," he says. "You would stop and read something and think, 'Oh my God, I can't believe I still have that.'"

Included with the various ephemera are some of the 45,000 photos the group have

banked over their twelve year run, during which they've sold close to 10 million albums. "The first two albums, was non-stop, straight, zig-zagging around the planet," recalls rhythm guitarist Sébastien Lefebvre. "To see how much we've done was the most fun part for me."

Quebec journalist Kathleen Lavoie tells their story, creating what Comeau calls "a cool artifact."

"We put ourselves in the shoes of a hardcore fan," he says. "My favourite band is Blink 182. I wish they would make this book. I would buy it."



Simple Plan have been together for more than a decade, and now they have a book to document their story. THE CANADIAN PRESS

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The Word

Beyoncé: Now brought to you by Pepsi



THE WORD

Dorothy Robinson
scene@metronews.ca

Pepsi is throwing a ton of cash — \$50 million, to be exact — at Beyoncé to make the singer the “face” of the company. Here’s what the deal includes:

- Beyoncé’s face will be found on limited-edition cans, starting in March.
 - She’ll be featured in TV commercials, the biggest of which will debut after her Super Bowl XLVII halftime performance on Feb. 3.
 - She will also appear in the usual media: billboards, magazine advertisements, etc.
- Or am I just being all Mayor Bloomberg about this? Even looking past lending her image to a can of sugar, isn’t Pepsi the No. 2 can of sugar? Leave Pepsi to Kelly Rowland, girl! You’re a Coca-Cola girl all the way!

• Pepsi will sponsor her tour. And here’s where the deal might become an interesting collaboration: Pepsi will fund Beyoncé’s creative whims, which might not have explicit connection to the soda giant, per the New York Times. This might mean live events, videos, “a cool photo shoot” or anything that Beyoncé might think of.

Is anyone else surprised by this collaboration? I know it’s hard to say no to \$50 million, but soda is bad, y’all. Isn’t she worried about lending her image and name to something that is known to cause wide-spread health problems?

Celebrities often say they care about their fans, but Shannen Doherty means it. The former Beverly Hills 90210 star called 911 from L.A. recently to get help for a Twitter follower in New Jersey. Doherty believed was suicidal, according to TMZ. “This is going to sound incredibly strange,” Doherty says on the 911 call, obtained by the website. “My name is Shannen Doherty and I’m

Twitter



@Pink

I’m wishing everyone a little more tolerance this year in their stocking. For the new year. For Chanukah. Whatever you celebrate. After reading some of your responses to my happy Chanukah last night, I feel tolerance is something a lot of you need.



@channingtatum

Big thanks to the kids in Ms. Ochoa’s 5th grade class at Poway’s Valley Elementary! Great job on your project!



@rustyrockets

Anyone who does the (traumatic) Sydney Bridge Climb today tell “Bernie” the guide my Mum fancies him.



@ladygaga

He had me at “hello, it’s Mick.”



Demi Moore

Demi gets down: Moore’s in Miami, trick!

Demi Moore is hitting Miami in a big way. The actress has been spotted around town multiple nights in a row at nightclubs and hotspots, living it up until the wee hours, according to Us Weekly. “The whole table was drinking,” a source says after seeing Moore’s gang kick off a recent night at club FDR. “She sat between two guys and was laughing, having fun.” The group then hit up several other clubs before arriving at

Rec Room around 4 a.m. “They were all starving,” the source says. “They sat in the club eating burgers and fries and drinking beer until the club closed and the lights went on.” While Moore’s partying has led to problems before — including hospitalization and a stint in rehab earlier this year — a friend insists everything’s fine, telling the magazine the actress is “in a good place. She’s open to experiencing new things this year.”

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Fatty foods and a slim waist? It's a French secret

Health and well being.

Metro's nutritionist takes on a French diet; chocolate soufflé and all

TERESA ALBERT
myfriendinfood.com

January will bring with it the resolution to lose weight or "get healthy," but come on, we all know it never works.

We are sidelined by the French-women-don't-get-fat-so-I-can-have-this-croissant-the-size-of-my-face rationalization.

Wanting to test the French diet theory, I spent three days eating like the women I saw around me on a recent trip to Paris.

I asked a lot of questions and did everything they would do including eat late, drink wine, embrace cream and other fatty foods. What I discovered was that there is more, much more to it than meets the eye.

A typical (or slightly more decadent than typical) food day in Paris follows this pattern:

8 a.m.

Tiny croissant (four inches long), one teaspoon butter, one teaspoon jam and an espresso

10 a.m.

Espresso

1 p.m.

Fish soufflé, small salad, tiny scrap of bread, chocolate soufflé, one or two glasses of red wine

4 p.m.

Espresso, tiny cookie, a few nuts (four)

9 p.m.

Three ounces foie gras, five ounces baked fish, small



The French food diet isn't for everybody, but there are reasons it can work. HANDOUT

scrap of bread, insanely buttery mushrooms, two or three glasses red wine, three homemade caramels.

I diligently followed the pattern, with variations, breaking every rule I have learned (and spouted) as a nutritionist.

By the end of the three days, my palate was happy as a clam but my body felt as sick as a dog.

Whether I am genetically

unfit or my digestive system is untrained, this diet was clearly not meant for me.

Portion sizes were small enough that, even though the composition of the food was fattier, I was probably still clocking my average of 1,800 calories on a non workout day.

After only three days, my guts were churning, my gall bladder was screaming at me and I had gained a full pound and .01 per cent of a body fat

percentage. This is statistically insignificant and unscientific to be sure, but it was interesting to note. My liver was probably ticked at me too, but livers are quiet, workaday organs that don't complain much.

TERESA ALBERT IS A FOOD COMMUNICATIONS CONSULTANT AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @ THERESAALBERT AND FOUND DAILY AT MYFRIENDINFOOD.COM

Secrets of the French

My goal was to come up with a take-home message that lets us enjoy the best of the French paradox while still applying a nutritionist's knowledge. Here are the secrets at play that let them get away with it:

- **Walk.** Parisians walk all day long, they walk to the subway, they take the stairs, they don't try to fit in a trip to the gym, but instead, they work their exercise into their day.
- **Drink.** Small, calorie free espressos fuel the day with less caffeine and fat than one double double adding up to about 300 calories less than the average Canadian's consumption (calorically, that buys you two glasses of wine).
- **Hunger.** Caffeine consumed in this espresso fashion suppresses the appetite, sugary, fatty lattes do the opposite
- **Hunger.** Choosing full fat foods (not beverages) suppress the appetite and allow a little to go a long way



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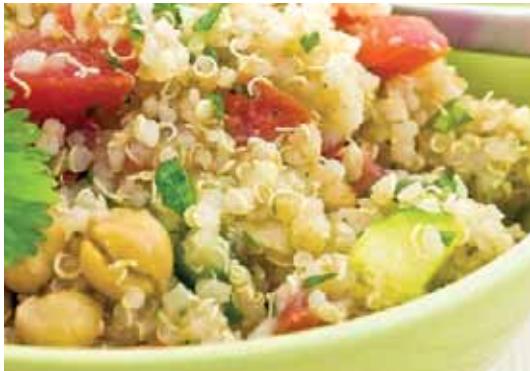
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Liven up ho-hum spinach with pecans, pears and brie



This recipe serves 8. BRIAN MACDONALD/ROSE REISMAN'S COMPLETE LIGHT KITCHEN

Lemony Quinoa. Boost your fibre and iron without sacrificing taste



Even with post-holiday consumption remorse, it's hard at times to feel motivated to maintain a healthy diet during the holiday season. But you can cut down on calories by making simple meal or ingredient substitutions, such as using lemon juice and extra virgin olive oil for salads.

1. In a saucepan, combine the quinoa, water and salt. Bring to a boil, then reduce heat to medium and cook until quinoa is tender and water has been absorbed, about 10 minutes. Cool, then fluff with a fork.

2. Transfer the quinoa to a serving bowl and stir in the chickpeas, lemon juice, cu-

Ingredients

- 1 cup quinoa
- 2 cups water
- sea salt to taste
- 1/4 cup chickpeas, drained
- 1/4 cup fresh lemon juice
- 1/2 cup chopped cucumber (seedless)
- 1/4 red onion chopped
- 1/4 cup chopped tomatoes
- 1/4 tsp cayenne pepper
- 1/2 tsp ground cumin
- 1 bunch fresh parsley, chopped

cumber, onion, tomatoes, cayenne pepper, cumin and parsley. Adjust salt and pepper before serving. NEWS CANADA


ROSE REISMAN
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rosereisman.com

The sweet and savoury combination of cinnamon-sugared pecans, ripe pears and small morsels of brie is sensational. There is very little oil in this recipe, but you won't miss it. You can easily make this a main meal salad by adding some grilled chicken or shrimp.

1. Preheat oven to 350°F. Spray a baking sheet with cooking oil.

2. Rinse the pecans with cold water. Drain, but do not let them dry. Combine the icing sugar, cinnamon, allspice and nutmeg in a small bowl. Dip the pecans in the sugar mixture, coating them well. Spread on the prepared baking sheet.

3. Bake for 15 minutes in the centre of the oven. Remove and cool. When they're cool enough to handle, chop coarsely.

Ingredients

- 1/3 cup pecan halves
- 3 tbsp icing sugar
- 1/4 tsp cinnamon
- 1/8 tsp allspice
- 1/8 tsp nutmeg
- 8 cups baby spinach leaves
- 1 cup diced radicchio
- 1 large ripe pear, peeled, cored and diced
- 2 oz brie, diced
- 2 tbsp orange juice concentrate, thawed
- 2 tbsp olive oil
- 1 tbsp balsamic vinegar
- 1 tsp minced garlic
- 1/2 tsp liquid honey
- 1/2 tsp Dijon mustard

4. Combine the spinach, radicchio, pear and brie in a large serving bowl.

5. Whisk the juice concentrate, oil, vinegar, garlic, honey and mustard in a small bowl. Pour over the salad and toss to coat. Garnish with the candied pecans.

ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS) BY ROSE REISMAN

Health Solutions

Liver and let live


NUTRI-BITES
Theresa Albert, DHN, RNCP
myfriendinfood.com

pathways: eggs, fish, legumes and seeds.

- High sulphur foods that aid in detoxification: broccoli, cauliflower, cabbage and brussels sprouts.

• Vitamin B5, which speeds up detoxification of acetaldehyde after alcohol consumption: whole grains, chicken, wheat bran and nuts.

- Vitamin B1, which reduces the toxic effects of alcohol, smoking and lead: wheat germ, dried peas and soybeans.

• Coffee, which has phytonutrients that help support the liver: three small cups per day, maximum.

And for heaven's sake, don't take acetaminophen (Tylenol) for a hangover, the combination with alcohol is toxic to the liver.

THERESA ALBERT IS AN AUTHOR AND ON CALL, PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM



Keep off those holiday pounds with this Roasted Cobb Salad



1. Heat the oven to 425°F. Coat 2 rimmed baking sheets with cooking spray.

2. In a large bowl, mix the cornstarch, cumin, smoked paprika, garlic powder and 1 tsp of salt. Add the squash and toss until well coated. Arrange the squash in an even layer at one end of one of the baking sheets; it should take up about half of the sheet. Spritz the squash liberally with cooking spray.

3. Wipe out the bowl, then add the cauliflower and drizzle with 2 tbsps of the oil. Toss, then add 1 tsp of black pepper and toss again. Arrange next to the squash on the baking sheet. Bake for 35 to 45 minutes.

4. Meanwhile, add the carrots to the bowl (no need to wipe it out). Drizzle with 1 tbsp of the remaining oil, the fennel seeds and 1/2 tsp each of salt and pepper. Toss well, then arrange on one half of the second baking sheet. Add the brussels sprouts to the bowl (no need to wipe it out), drizzle with the molasses and the remaining oil. Toss well, then arrange next to the car-

Ingredients

- 1 tbsp cornstarch
- 1 tsp ground cumin
- 1 tsp smoked paprika
- 1 tsp garlic powder
- Kosher salt
- 1 pound butternut squash, peeled, seeded and cubed
- 1 head cauliflower, cored and cut into small florets
- 4 tbsp olive oil, divided
- Ground black pepper
- 1 pound carrots, cut into 1-inch chunks
- 1 tbsp fennel seeds
- 1 pound brussels sprouts, bottoms trimmed
- 2 tbsp molasses
- 2 pounds sweet or spicy Italian sausages

rots. Arrange the sausages over the Brussels sprouts and carrots.

5. After the squash and cauliflower have roasted for 15 minutes, add the second baking sheet and roast both for another 20 to 30 minutes, or until the vegetables and sausages are browned and tender. Serve directly from the baking sheets.

THE ASSOCIATED PRESS

This recipe serves 8. MATTHEW MEAD/THE ASSOCIATED PRESS

Do your research

How to greet in Middle East



CHARLES
THE BUTLER
askcharlesthebutler@
metronews.ca
For more, visit
charlesmacpherson.com

I just came back from an amazing business trip to the Middle East, where I was in the beautiful city of Doha, Qatar. While I was there, I was watching a group of international businessmen

greet a group of locals. The locals, who were most likely hosting the businessmen, included both men and women. What occurred to me very quickly was that the businessmen had no idea how to correctly greet their local hosts and sadly they were making people both uncomfortable and embarrassing themselves.

It is important to know how to conduct yourself no matter where you travel. In the Middle East, it is not common or local custom

for men and women to shake hands. So what do you do? It is common and correct for men to shake hands with men, however, when men and women are being introduced professionally, instead of shaking hands both parties put their right hand over their heart and bow their heads while saying introducing themselves. When women are introduced, they tend to only bow their heads at each other during their introduction. So why is this

local knowledge so important? Because etiquette is about making others and yourself comfortable and understanding people's customs so that everyone in the room knows what to do and is at ease with each other. Remember the expression "when in Rome, do as the Romans!" With this, you will generally never go wrong. So before you travel, always do your research about local customs. A proper hello could help close that business deal.



Men and women greet each other differently in Qatar. GETTY IMAGE

Behaving at the office Xmas party

Holiday health. The big boss + free booze + a confined space = recipe for disaster. Don't let a night that's meant to be about festive fun turn into a nightmare

ROMINA
MC GUINESS
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The holiday party is one occasions you can let your hair down, but there's a fine line between having some fun and misbehaving.

Etiquette advisor Jo Bryant, of the UK's leading authority on modern manners, Debrett's, tells Metro: "The aim is to keep your dignity. You're socializing with your colleagues, but with your bosses as well. It's about creating the right impression while making it seem like you're relaxed."

She talks us through the do's and the don'ts of the office party:

Look the part

DO meet workplace standards

"Make sure you look smart and well groomed and that you're fitting in with the ethos of the office. If you work in a very corporate environment, you'll probably be going somewhere smarter, so dress appropriately."

DON'T overdo it

If you work in a more relaxed office atmosphere, turning up in your best party frock when everyone else is in jeans might not be appropriate.

Dress the part

DO wear something different

This creates that distinction between a Christmas party, not a Monday. You want to look good — but don't go



Learn how to party smartly at your Christmas work do. HANDOUT



over the top by wearing something really out there.

DON'T wear what you wore to the office that day

If everyone else is going to make an effort and get changed, do the same.

Bulk up the contacts

DO circulate and socialize

Now is your opportunity to chat to people you don't normally speak to or have access to — like the boss.

DON'T be arrogant

Get your behaviour up to scratch. As you go around the room, stop to speak to people higher up in the pecking order. But that doesn't mean you should ignore people of lower ranking than you.

Be chill

DO impress people without promoting yourself

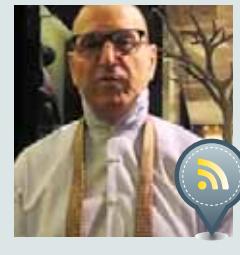
"This isn't the time to ask for a pay rise or complain. Avoid office chat, unless the big boss instigates it and seems keen to get your opinion. But equally, if you can talk to them about their family and their holidays, they might see you as more than just another member of staff.

DON'T shun your colleagues

Never neglect your team and spend the entire party schmoozing everyone else. Equally, don't just cling on

Exclusively online

• **Knot a problem.** It's holiday party season and you want to wear a tie. Larry Rosen, CEO of Harry Rosen (below), shows Metro how to tie his favourite knot. Watch the video on The Man Blog at metronews.ca.



to them and feel nervous about making new work friends.

Know your limits

DO drink, but don't get drunk

Hold yourself. If you're drunker than your companions, that's a big no-no. You should never be the drunkest person at the party.

DON'T be a party pooper

If you're feeling as though things are getting out of control and decide to stop drinking, don't make a big thing about it. Hang in there and don't draw too much attention to yourself. Order a tonic water so it still looks like you're having a drink.

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Hoping to unwrap a pet on Christmas day?

Alison on Money.

Small pets seem like a great gift idea — but don't forget about the future costs



YOUR
MONEY
Alison Griffiths
money@metronews.ca

Lories and hotots and skinks, oh my! If it's a holiday pet you are considering, the choice is now enormous, especially among rodents, birds, fish and reptiles.

However, before you buy, be aware of care requirements and on-going costs.

According to the American Society for Prevention of Cruelty to Animals, \$30 for a guinea pig is only the beginning.

The first year outlay will be just over \$700 and about \$635 annually after that.

In a 2011 report, Kiplinger.com rated fish as the cheapest pet both in terms of purchase and maintenance.

Gloriously hued guppies are as little as \$1 and annual costs a mere \$20, though set up can easily exceed \$225 for an aquarium and all the fixings.

Perhaps your son or daughter has just seen How to Train Your Dragon and wants a bearded dragon (quite sociable, by the way.)

After spending \$50 to \$60 for the scaly beast, you will need a 40-gallon or larger terrarium, furniture for basking and hiding, bedding or a reptile carpet (yes, such a thing exists), calcium dust



Just how much is a \$1 goldfish going to set you back? ISTOCK IMAGES

for a twice-weekly "shower" and, of course, food.

Making a basic happy home for a beardie costs from \$500 to \$1,000 — not including the lizard hammock.

At the cheaper end of things, a simple cage for a gerbil or rat or hamster is about \$25 to \$35, but pet owners are as keen to renovate as homeowners.

Multi-level critter apartments can easily run to \$200, not including toys

and decor.

A pet budget and research will save you from what I call Iguana Shock Syndrome.

A friend in Victoria, B.C. bought an itty-bitty green iguana in 1990.

Fourteen years later, the nearly two-metre creature had taken over the spare bedroom and its care was rivaling the cost of a child. And like a teenager, Moe was cranky.

A good beginning re-

source is mypetsmart.com (go to pet care solutions, then care guides) where you'll find that the bearded dragon is an omnivore recommended for age 10 and up and lives approximately 10 years.

Dozens of pets are listed as suitable for beginner, intermediate or advanced owners.

Contact Alison at griffiths.alison@gmail.com or alisongriffiths.ca



Regifting can be socially acceptable if you follow a few simple rules.
ISTOCK IMAGES

Are regifting and couponing a social faux-pas?



FUN AND FRUGAL
Lesley Scorgie
money@metronews.ca

In the past, regifting, couponing and bulk buying presents was considered a social faux-pas because it meant the gift-giver was being cheap.

But I couldn't disagree more. Resourcefulness is not the same as being cheap. Besides, stretching your dollars and taking advantage of opportunities to save money over the holidays will keep you out of debt, reduce waste and still allow you to spoil everyone on your gift list.

Wrap up that extra garlic press you received for your birthday and give it to your brother. Otherwise, it'll sit in your cupboard collecting dust.

According to Couponcabin.com, nearly 40 per cent of North Americans regift presents and a large majority use coupons when holiday shopping. The most commonly regifted items are gift cards and duplicate and unwanted products.

If you plan to regift or coupon, follow these socially acceptable gift-giving parameters.

Ensure the present is in its original wrapping and

don't re-gift something that has clear signs it's been used. Remove your name from any tags or cards and don't give the gift back to the same person who gifted it to you. Avoid re-gifting intimate or personal hygiene products like underwear, nose hair clippers or razors. If you've received a sentimental gift, don't re-gift it because it could upset the person who gave it to you.

If you've bought something on sale or through a coupon, remove the bright red sale sticker and price tag. While opening presents, don't blurt out how proud you are that you used a coupon, be discreet.

When planning your holiday spending, be resourceful. Bulk buying some items like stocking stuffers or appreciation gifts for friends or colleagues is wise.

Cash in unused loyalty rewards points toward gifts.

Dig through your wallet, purse and junk drawer for any partially used gift cards. Use the gift cards toward gift purchases or cash them in towards a new gift card amount, pick a round number like \$25 rather than regifting your card with \$17.97 left on it.

If your budget is super tight this season, don't buy any gifts at all. Give handmade cards, art, and baked goods. Homemade presents are affordable and have loads of sentimental value.

Follow Lesley on Twitter @LesleyScorgie



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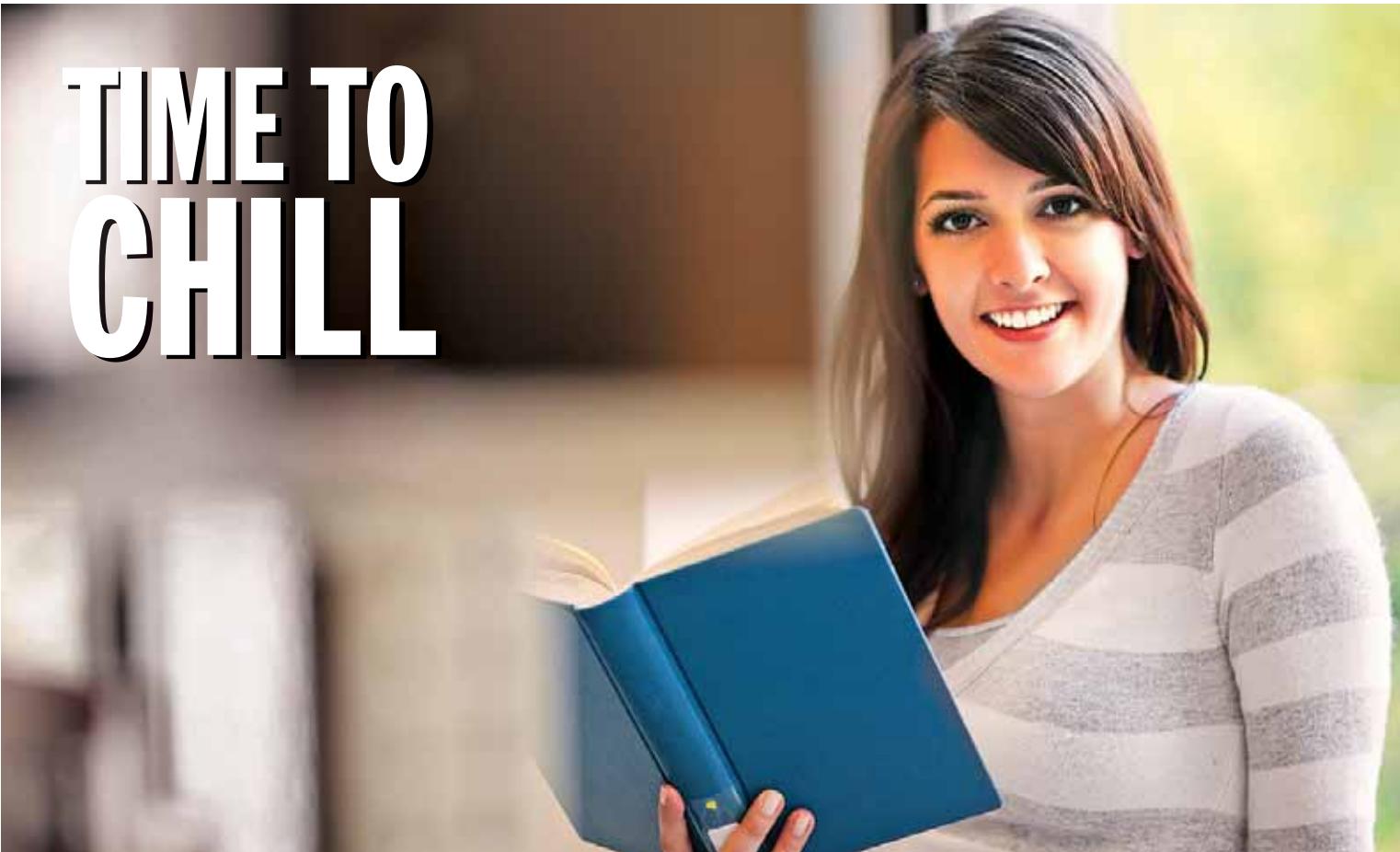
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TIME TO CHILL



ISTOCKPHOTO/THINKSTOCK

ALLOW YOURSELF TO UNWIND OVER THE HOLIDAYS AFTER FIRST-TERM STUDY PERIOD

The intensity of the last few weeks of term at university or college can leave you exhausted just in time for Christmas. Should you keep studying so as to not fall behind, or should you veg out on turkey dinner?

Jackie Stewart, a chemistry instructor

at the University of British Columbia, is regularly asked that by her students. "After an intense study period, students should take a well-deserved break," she says.

You have learned a lot of new information in the first semester and your brain

needs time to process it. Stewart recommends totally unplugging for a bit, and then taking on some lighter academic tasks.

"The winter break is a good time to read for pleasure. Perhaps there is a book related to your degree subject that you don't have time during the term to read," she says. "Spending time on this may renew your enthusiasm for the subject and help you connect what you are learning in school to the real world."

The break is also a good time to look back on the first semester. What study strategies worked and which ones failed? Were you overwhelmed by your workload? Did you make good use of student-support services?

"Following this reflection, make goals for the upcoming term. How will you approach learning in each class? How will you get help if you need it? What new study strategy (or two) will you try? How will you avoid leaving studying

until the last minute?" Stewart asks.

If you have a winter course you are particularly excited about, you can use the Christmas break to review fundamental concepts. Stewart says if you are studying biochemistry after a first-semester course in organic chemistry, review structure and bonding, resonance and simple reaction.

"I'm not suggesting studying every day or studying intensely, but testing yourself on some of the concepts you are going to be expected to know in the next course will benefit you," she says. "I think this is the most efficient use of study time over the break, and will allow for a balance between academics and relaxation."

If your last exam has left you a shell of your former self, stop by your university's puppy room for a spiritual revival. You can actually do that if you study at Dalhousie University. Its student union has gathered a room full of dogs eager to be petted during the last week of exams to help students relax. —Jon Tattrie

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FRIENDS OF HUMANITIES AIMS TO HELP ST. MARY'S PROGRAM

After a lack of funding put the humanities 101 program on hiatus at St. Mary's University College in 2010, a fundraising campaign is hoping to bring it back.

The Friends of Humanities 101 campaign is looking to raise \$163,930 to resume in spring 2013.

"Humanities 101 focuses on the whole person, recognizing that these students face a host of barriers just getting to class," says Dr. Tara Hyland-Russell, English professor and a member of the committee that established the program.

At St. Mary's, the goal is to help students receive an education without barriers holding them back.

Humanities 101 is an innovative program that provides free university-level courses to non-traditional learners who experience barriers to learning, with a focus on low-income and vulnerable people.

The program helps people step back from the forces of poverty surrounding



ST. MARY'S UNIVERSITY PHOTO

them and provides them with the reflective space and critical thinking tools necessary to become fully engaged citizens.

This campaign is hoping to raise money to cover the costs of tuition, books, nutritious hot meals before class, travel to class, childcare, instructors' fees and administrative costs.

Friends of Humanities 101 also hopes to raise money to provide scholarships for students who have moved on from humanities 101 to formal degree studies at St. Mary's University College.

To date, Friends of Humanities 101 has raised \$6,438 for this program.

If you would like to help St. Mary's provide this essential programming, visit stmu.ca/HUM101 for more information and to learn how to donate.

SECURE A NEW FUTURE WITH PROGRAMS AT COLUMBIA COLLEGE

Columbia College offers the Alberta basic security training both in the classroom and online for those individuals who would like to find employment as a security guard.

"We continuously get contacted by employers looking to hire our graduates," says Laura Trettwer, program co-ordinator for Alberta basic security training at Columbia College.

"All of our facilitators are experts in the field of security or criminal justice and get outstanding evaluations submitted by our participants."

Other employment opportunities include, but are not limited to, loss prevention worker, executive security (bodyguard), patrol dog handler, and alarm responder.

After completing the 38.5 hours of training, students will write a mandatory provincial exam (with a mark of 80 per cent or better), in order to be licensed.

"Columbia College has approximately an 88 per cent success rate for both the classroom and online training



COLUMBIA COLLEGE PHOTO

course," Trettwer says.

Columbia has approximately 55 sites set up across the province for those individuals who are completing the online course so they do not need to come to Calgary to write their provincial exam.

If this is a career you are interested in, but are looking to work outside of Alberta, check out the online course options available at Columbia.

"Our online course has been approved as valid training and licensing in B.C., Saskatchewan, and Manitoba so far and we are looking at adding additional provinces in the future; participants can write their provincial exam in their own province as well," Trettwer says.

For more about Alberta basic security training, or other courses available at Columbia College, visit columbia.ab.ca.

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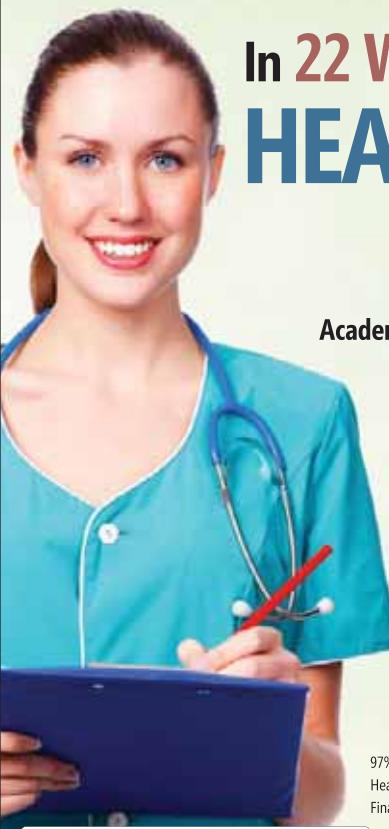
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"This is attractive to those who are motivated to improve and move into a SAIT career program because they can complete their English study in a shorter period of time and move on with their

goals," says Pamela Heath, manager, English language foundations at SAIT Polytechnic.

Although most institutions offer an English as a second-language course, Heath says the ELF program stands out because it is fast-tracked and focuses both on English proficiency and communicative competency.

"Throughout all ELF levels there is also a focus on intercultural competencies," Heath says.

"Communication requirements can be very different and, along with developing language proficiency, ELF students also learn the cultural requirements around communication, both in a post-secondary environment and in the workplace."

ELF is a five-level program that has been designed to enhance language proficiency among second-language speakers.

Through the use of descriptors from the Canadian Language Descriptors,



ISTOCKPHOTO/THINKSTOCK

learners can progress toward a high intermediate level of English proficiency.

Completion of ELF Level 5 satisfies the English language proficiency requirement for entry into a SAIT career program.

Heath says instructors are what truly make these students successful.

"At the core of this are the instructors. They are the real benefit," Heath says.

The EFL certificate is accepted in lieu

of English 30 for most programs at SAIT.

Attend a free information session to learn more about the English language foundations programs.

The session will be held Wednesday, Dec. 19, from 6-8 p.m. in Room NH309 in the Senator Burns building on the SAIT main campus.

Email english.language@sait.ca or call 403-210-4045 to book your spot.

For more, visit sait.ca.



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"Our aim is to provide expertise in the realms of health care, technological, and administrative education," says Dr. Mohammed Baten, president and CEO of ABM College.

"Because of the ever-changing and dynamic Canadian workforce, ABM College aims to equip students with the skills necessary to ensure future success."

For those students with an entrepreneurial spirit, the 2,200-hour massage therapy program will prepare those looking to start their own business after completion of their training.

If you are looking to be part of an already established medical office setting, the medical office assistant program will give you real-world experience through the one-month practicum.

Students can choose to study either full or part time (for some programs), depending on the student's scheduling needs.

According to Baten, ABM College is the fastest growing private college in Calgary, offering a wide variety of different subject areas to meet the needs of the city's students.

Besides massage therapy and medical office assistant, ABM also offers health-care aide, accounting and payroll administration and business administration courses.

For more, visit abmcollege.com.

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Bredin is a non-profit, provincially and federally funded organization founded in 1976 and has offices in Ed-

monton, Spruce Grove and Calgary.

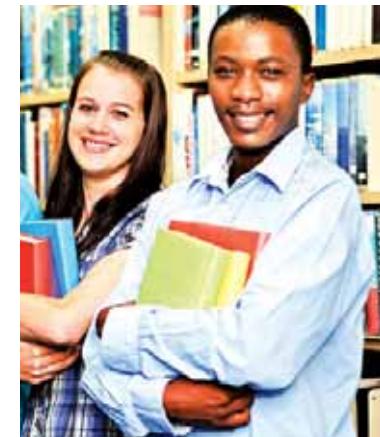
Bredin Institute offers clients a range of immigrant credential bridging programs, occupational training, career planning and employment assistance to both Canadian citizens and newcomers to Canada.

All programs are responsive to the labour market requirements of our community, and clients have met and exceeded employer expectations in every industry.

"Our clients come from all industry

sectors with varying levels of education and a wide spectrum of experience and skills. (Bredin) is dedicated to successful employment training and development by providing innovative, flexible programs by treating people with dignity and respect and by responding to the economic needs of the individual and the community," says Silvana Arezo, service manager at Bredin Institute.

For more information about Bredin Institute, visit bredin.ca.



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CREATIVE GIFT-GIVING

DON'T FALL INTO A FINANCIAL HOLE DURING THE HOLIDAYS

Students are often strapped for cash at the best of times. Add in a Christmas full of travel and gifts and you can quickly run out of money.

Ann Hetherington, director of student recruitment at St. Clair College in Windsor, says travelling home for Christmas can be very expensive. Even if you are staying put, the pressure to buy presents can chew through your savings.

Her first tip is to make a conscious effort to stick to your financial plan. "We encourage students to continue with their budgets," she says. "Especially those living away from home who have done a great job of budgeting throughout their first semester."

What, you don't have a budget? In that case, now might be a good time to drop by student services and ask for help in planning your finances so you can cover the necessities and have a bit left over for discretionary spending.

Hetherington also suggests looking at creative — and cheap — ways to do your Christmas shopping. She suggests "personal gift certificates" like you used to dole out when you were a kid. "They could give them to mom and dad. Maybe it's, 'I'll wash your car for you 10 times in the summer.' Get a little creative with how you look at Christmas gifts if that's what's giving you stressors."

Christmas break can also be a time to pick up extra shifts at your regular job, if you have one, or fill in for students who have left for the holidays. That extra money might be enough to get you through the holidays. If it isn't, Hetherington says the winter semester can be used to dig out of a financial hole.

You could use the break to apply for a part-time job for the winter semester, or to look for a better-paying position. Many colleges and universities hire students, so you could get a job that doesn't require the expense and time of commuting.

Hetherington cautions against overworking yourself. It is a holiday, after all. "The last two weeks can be extremely stressful with final exams and final papers. It's often a heavy workload so taking that mental break is really important to their success in the winter semester," she says. "It's important to have some down time where they can relax and enjoy the season, family and friends."

— Jon Tattrie

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The desire to achieve more in her professional life led Michelle Rodgerson to pursue her education further, but what she discovered was a passion for learning.

After enrolling in a couple of Mount Royal University Continuing Education courses, Rodgerson is hooked.

"I started out the education journey for 'professional' reasons, but quickly came to the conclusion that learning is lifelong, and the programs, in particular the leadership program, focus on your development as a wholehearted person from all aspects of 'who you are' not just as a professional," says Rodgerson, office manager, IT manager and executive assistant to the president and CEO at Birch Cliff Energy.

"That is where the deeper learning begins."

Rodgerson has worked in oil and gas in Calgary for about 15 years, mostly in administrative roles, starting out in entry-level positions.



MOUNT ROYAL UNIVERSITY PHOTO

"I always challenged the process to see how I could be more effective, I just continuously wanted more," Rodgerson says.

This past spring, she completed the management development program and HR management program at MRU.

The programs were critical for Rodgerson's professional development but she could not go back to school on a full-time basis.

"I chose MRU because I liked the program structure as well as how the optional courses could apply to different certificates," Rodgerson says.

"The programs have given me the flexibility that I needed to reach my goals."

The fact that most courses could be completed in a combination of weekdays as well as weekends helped Rodgerson to succeed in her educational goals with-

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You can also subscribe online via email for any upcoming course calendars.

out putting pressure on her employment status. "The biggest impact on my career is gaining the tools that I need to effectively manage people and expectations within the corporation," Rodgerson says.

She is now enrolled in the leadership development program and plans to finish in the spring 2013.

For more information about the vast array of programming options at MRU Faculty of Continuing Education, visit mroyal.ca/conted.

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DIGITAL VISION/THINKSTOCK

ber of fields in less than a year.

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For more information about Academy of Learning and its programs, visit academyoflearning.ab.ca.

MLB

Hentgen returns to Jays bullpen

The Toronto Blue Jays have named Pat Hentgen as their bullpen coach, bringing the Cy Young winner back into the team's coaching ranks.

Hentgen previously served as Toronto's bullpen coach in 2011. He has also spent eight of the last nine seasons as a team ambassador and special assistant to the organization.

Hentgen played 10 of his 14 big-league seasons in Toronto. In 1996, he posted a 20-10 record and 3.22 earned-run average to become the first Blue Jay to win the Cy Young Award.

THE CANADIAN PRESS



Pat Hentgen TORSTAR NEWS SERVICE

Hockey

NHL stars could skate for Canada at Spengler Cup

Canada could be sending quite an impressive team to the Spengler Cup.

With the NHL's announcement Monday that all games through Dec. 30 have been cancelled, the possibility of locked-out players wearing the Maple Leaf over the holidays in scenic Davos, Switzerland, increased.

Tyler Seguin, Jason Spezza, Patrice Bergeron and John Tavares are among the Canadian players who have spent the lockout playing in the Swiss league and would be eligible to compete in the historic club-team tournament. Hockey Canada has been in touch with all of them. THE CANADIAN PRESS



Ryan Nugent-Hopkins collects his sticks on Monday after arriving in Calgary for Canada's junior hockey team selection camp. JEFF MCINTOSH/THE CANADIAN PRESS

Nugent-Hopkins leads junior hopefults

World junior championship.

Burnaby, B.C., native is lone NHL player available to Canada, though some players would likely be in league if not for lockout

the NHL lockout means the 19-year-old will get to play in the world junior championship for the first time in his career.

That also occurred during the NHL lockout of 2004-05, when Boston Bruins forward Patrice Bergeron was named the most valuable player of the 2005 junior tournament in Grand Forks, N.D., after helping Canada win gold at the 2004 world championship in Prague.

Nugent-Hopkins has a full NHL season behind him in which he was a finalist for the Calder Trophy, which goes to the league's top rookie. The Oilers didn't make him available to the Canadian team that won bronze at the 2012 world junior championship in Alberta.

Now, two years after he was cut from Canada's junior team at age 17, Nugent-Hopkins is expected to lead it into the tournament starting Dec. 26 in Ufa, Russia.

Since Nugent-Hopkins brings hockey experience to this Canadian team no other players have, Hockey Canada's expectations of him are high.

"I've got to try to take on more of a leadership role this year," Nugent-Hopkins said Monday at the Calgary airport. "As a 17-year-old, I couldn't come into camp and do that. I'm definitely going to try and take some experience from worlds and bring it to this camp here."

"I feel like I'm a different person than I was a couple of years ago. My game has definitely evolved a lot and I see myself

Camp dates

- The 36 players invited to this year's selection camp streamed through the Calgary airport Monday.
- The players get on the ice Tuesday at Canada Olympic Park and the 23-player team will be chosen by Thursday.
- The invitees will play an intra-squad game Tuesday followed by games against university players the following two days.

more as a two-way player right now, so I'm definitely going to try and take on that role at this camp." THE CANADIAN PRESS

Sinclair wins Canadian-athlete-of-the-year prize



Christine Sinclair celebrates after winning the bronze-medal soccer game at the London Olympic Games in August. Sinclair is the winner of the 2012 Lou Marsh Award. FRANK GUNN/THE CANADIAN PRESS

Women's soccer sensation Christine Sinclair was named the winner of the 2012 Lou Marsh Award on Monday.

The 29-year-old Sinclair led Canada to bronze at the London Olympics in spectacular fashion, scoring an Olympic-record six goals to win the Golden Boot. She recorded a hat trick in a 4-3 extra-time semifinal loss to the United States.

The Burnaby, B.C., native had 23 goals and six assists on the year for Canada.

"I'm just in shock," Sinclair said on a conference call. "I can't believe first of all, the year I've had and the year my teammates had. And then to

By the numbers

143

Christine Sinclair's 143 career international goals rank third all-time and second among active players behind American Abby Wambach (148).

have this continue on, it's incredible, especially to have a female soccer player in Canada win this award."

The honour — decided by a panel of national sports editors, reporters and broadcasters — is given annually to Canada's outstanding athlete by the Toronto Star.

Other finalists for the

Marsh award were speedskater Christine Nesbitt, trampolinist and Olympic gold medalist Rosie MacLennan, figure skater Patrick Chan, cyclist Ryder Hesjedal and Calgary Stampeders running back Jon Cornish.

Sinclair was Canada's flag-bearer at the closing ceremonies in London. According to the Canadian Soccer Association, Sinclair contributed to 65.9 per cent of her team's scoring in 2012.

She said head coach Jon Herdman deserves plenty of credit.

"I know he brought back the passion and the love of the sport within me," she said.

THE CANADIAN PRESS

4
SPORTS

Zamboni'd: More NHL games axed

Season in balance.

Latest round of cuts runs through Dec. 30

The biggest question now is whether the latest NHL lockout will result in a shortened season like 1994-95 or a scorched season like 2004-05.

As the league cancelled the rest of its schedule through Dec. 30 on Monday afternoon, it brought one more reminder of how close the NHL and NHL Players' Association are getting to a make-or-break moment.

Even though commissioner Gary Bettman hasn't set a drop-dead date for saving this season, he does believe each team must play 48 games to make it legitimate. For that to happen, the puck will need to drop by about mid-January.

"When it gets to the point where we can't play a season with integrity, with a representative schedule, then we'll be done," Bettman said last week. "If you go back in history, in '94-



NHL commissioner Gary Bettman
THE ASSOCIATED PRESS FILE

By the numbers

43%

The latest round of cancellations brought the NHL's total to 526 regular-season games — or roughly 43 per cent of the schedule.

95 I think we played 48 games. I can't imagine wanting to play

fewer than that."

The latest round of cancellations brought the NHL's total to 526 regular-season games — or roughly 43 per cent of the schedule. The Jan. 1 Winter Classic at Michigan Stadium and Jan. 27 all-star game in Columbus have also been wiped away.

Neither the union nor league issued statements after the cancellations were announced.

There had been hope as recently as last week that the lockout could be ended in time to drop the puck over the holidays, with one report suggesting the season might start on Christmas Day. Now the earliest that will happen is New Year's Eve, which was already due to see 13 games played under the original schedule.

Talks between the NHL and NHLPA broke down in dramatic fashion last week. They haven't scheduled any further sessions, although both sides have expressed interest in returning to the bargaining table this week.

THE CANADIAN PRESS



Patriots paste Texans

Patriots tight end Aaron Hernandez, left, and Houston Texans strong safety Glover Quin go up for the ball on Monday night in Foxborough, Mass. Tom Brady threw for four touchdowns and 296 yards as New England manhandled Houston 42-14. JARED WICKERHAM/GETTY IMAGES

NBA

Everything clicks for Heat vs. Hawks

LeBron James leaped as high as he can soar. Dwyane Wade shot better than he ever has before.

And when the Miami Heat stars are on their games like that ... "We probably won't lose," James said.

Such was the case Monday night. James scored 27 points, Wade had 26 and the Heat pulled away in the second half to beat the Atlanta Hawks 101-92.

James (10 for 16) and Wade (11 for 13, the best single-game shooting percentage of his career) made 21 of 29 shots for Miami, which shot 58 per cent as a team. Chris Bosh had 14 points and 10 rebounds and Norris Cole made all four of his shots to score 10 for the Heat, who handed the Hawks just their second loss in 11 games.

"Just trying to be as efficient as I can," Wade said. "Shooting 13 shots, it's nothing I'm used to. Some nights you go for 11-for-13. Some nights you go 3-for-13. But you just try to continue to be aggressive and continue taking shots."

THE ASSOCIATED PRESS

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NBA**EASTERN CONFERENCE**

| | W | L | Pct | GB |
|--------------|----|---|------|-----|
| New York | 15 | 5 | .750 | — |
| Miami | 14 | 5 | .737 | 1/2 |
| Atlanta | 12 | 6 | .667 | 2 |
| Chicago | 11 | 8 | .579 | 3/2 |
| Brooklyn | 11 | 8 | .579 | 3/2 |
| Philadelphia | 12 | 9 | .571 | 4/2 |
| Boston | 11 | 9 | .550 | 4 |
| Milwaukee | 10 | 9 | .526 | 4/2 |

IIHF WORLD JUNIORS**CANADIAN SELECTION CAMP ROSTER**

x-member of 2012 bronze medallist team
GOALTENDERS

Jordan Binnington, Richmond Hill, Ont., Owen Sound (OHL); St. Louis (2011, third round, 88th overall); Laurent Brossard, Surrey, B.C., Edmonton (WHL), Calgary (2011, 6, 164); Jake Paterson, Mississauga, Ont., Saginaw (OHL), Detroit (2012, 3, 80); Malcolm Subban, Toronto, Belleville (OHL), Boston (2012, 1, 24).

DEFENCEMEN

Frank Corrado, Vaughan, Ont., Sudbury (OHL), Vancouver (2011, 5, 150); Mathew Dumba, Calgary, Red Deer (WHL), Minnesota (2012, 1, 7); x-Dougie Hamilton, Toronto, Niagara (OHL), Boston (2011, 1, 9); x-Scott Harrington, Kingston, Ont., London (OHL), Pittsburgh (2011, 2, 54); Ryan Murphy, Aurora, Ont., Kitchener (OHL), Carolina (2011, 1, 12); Xavier Ouellet, Terrebonne, Que., Blainville-Boisbriand (QMJHL), Detroit (2011, 2, 48); Adam Pelech, Toronto, Erie (OHL), N.Y. Islanders (2012, 3, 65); Derrick Pouliot, Weyburn, Sask., Portland (WHL), Pittsburgh (2012, 1, 8); Griffin Reinhart, West Vancouver, B.C., Edmonton (WHL), N.Y. Islanders, 2012, 1, 4); Morgan Rielly, West Vancouver, B.C., Moose Jaw (WHL), Toronto (2012, 1, 5).

Ryan Sproule, Mississauga, Ont., Sault Ste. Marie (OHL), Detroit (2011, 2, 55); Tyler Wotherspoon, Surrey, B.C., Portland (WHL), Calgary (2011, 2, 57).

FORWARDS

Francis Beauvillier, Sorel-Tracy, Que., Rimouski (QMJHL), Florida (2012, 6, 174); Anthony Camara, Toronto, Barrie (OHL), Boston (2011, 3, 81); Daniel Catenacci, Newmarket, Ont., Owen Sound (OHL), Buffalo (2011, 3, 77); Phillip Danault, Victoriaville, Que., Victoriaville (QMJHL), Chicago (2011, 1, 26); Jonathan Drouin, Laval-des Ormeaux, Que., Halifax (QMJHL); Tyler Graovac, Brampton, Ont., Ottawa (OHL), Minnesota (2011, 7, 191); x-Jonathan Huberdeau, St.-Jerome, Que., Saint John (QMJHL), Florida (2011, 1, 3); Charles Hudon, Boisbriand, Que., Chicoutimi (QMJHL), Montreal (2012, 5, 122); x-Boone Jenner, Dorchester, Ont., Oshawa (OHL), Columbus (2011, 2, 37); J.C. Lipon, Regina, Kamloops (WHL), Nathan MacKinnon, Cole Harbour, N.S., Halifax (QMJHL); Mark McNeill, Edmonton, Prince Albert (WHL), Chicago (2011, 1, 18); Sean Monahan, Brampton, Ont., Ottawa (OHL); Ryan Nugent-Hopkins, Burnaby, B.C., Oklahoma City (AHL); Ty Rattie, Airdrie, Alta., Portland (WHL), St. Louis (2011, 2, 32); Brett Ritchie, Orangeville, Ont., Niagara (OHL), Dallas (2011, 2, 44); x-Mark Scheifele, Kitchener, Ont., Barrie (OHL), Winnipeg (2011, 1, 7); Hunter Shinkaruk, Calgary, Medicine Hat (WHL); x-Ryan Strome, Mississauga, Ont., Niagara (OHL), N.Y. Islanders (2011, 1, 5); Tom Wilson, Toronto, Plymouth (OHL), Washington (2012, 1, 16).

WESTERN CONFERENCE

| | W | L | Pct | GB |
|---------------|----|----|------|------|
| San Antonio | 18 | 4 | .818 | — |
| Oklahoma City | 17 | 4 | .810 | 1/2 |
| Memphis | 14 | 4 | .778 | 2 |
| L.A. Clippers | 14 | 6 | .700 | 3 |
| Golden State | 14 | 7 | .667 | 3/2 |
| Utah | 12 | 10 | .545 | 6 |
| Dallas | 11 | 10 | .524 | 6/2 |
| Minnesota | 9 | 9 | .500 | 7 |
| Denver | 10 | 11 | .476 | 7/2 |
| Houston | 9 | 11 | .450 | 8 |
| L.A. Lakers | 9 | 12 | .429 | 8/2 |
| Portland | 9 | 12 | .429 | 8/2 |
| Sacramento | 7 | 13 | .350 | 10 |
| Phoenix | 7 | 15 | .318 | 11 |
| New Orleans | 5 | 14 | .263 | 11/2 |

Division leaders ranked in top three positions; and best eight teams qualify for playoffs.

Monday's results

Golden State 104 Charlotte 96
Philadelphia 104 Detroit 97
Miami 101 Atlanta 92
San Antonio 134 Houston 126 OT

Dallas 119 Sacramento 96

Portland 92 Toronto 74

Sunday's results

L.A. Clippers 102 Toronto 83

Milwaukee 97 Brooklyn 88

Oklahoma City 104 Indiana 93

New York 112 Denver 106

Orlando 98 Phoenix 90

Utah 117 L.A. Lakers 110

Tuesday's games — All Times Eastern

L.A. Lakers at Cleveland, 7 p.m.

New York at Brooklyn, 7 p.m.

Denver at Detroit, 7:30 p.m.

Washington at New Orleans, 8 p.m.

L.A. Clippers at Chicago, 9:30 p.m.

NBA SCORING LEADERS

| | G | FG | FT | PTS | AVG |
|----------------|----|-----|-----|-----|------|
| Bryant, LAL | 21 | 199 | 160 | 601 | 28.6 |
| Durant, OKL | 21 | 181 | 171 | 566 | 27.0 |
| Anthony, NYK | 18 | 165 | 109 | 482 | 26.8 |
| James, Mia | 18 | 180 | 67 | 452 | 25.1 |
| Harden, Hou | 19 | 140 | 151 | 469 | 24.7 |
| Westbrook, OKL | 21 | 162 | 94 | 451 | 21.5 |
| Mayo, Dal | 20 | 147 | 65 | 417 | 20.9 |
| Aldridge, Por | 19 | 155 | 79 | 389 | 20.5 |
| Curry, GOS | 20 | 134 | 72 | 394 | 19.7 |
| Pierce, Bos | 20 | 122 | 108 | 384 | 19.2 |
| Gay, Mem | 18 | 130 | 59 | 349 | 19.0 |
| Lillard, Por | 20 | 131 | 69 | 378 | 18.9 |
| Ellis, Mil | 19 | 130 | 83 | 356 | 18.7 |
| Bosh, Mia | 18 | 119 | 93 | 334 | 18.6 |
| Lee, GoS | 20 | 152 | 66 | 370 | 18.5 |
| DeRozan, Tor | 21 | 146 | 84 | 388 | 18.4 |
| Howard, Lal | 21 | 140 | 105 | 386 | 18.4 |
| Anderson, NO | 19 | 122 | 22 | 350 | 18.4 |
| Parker, SA | 19 | 144 | 55 | 350 | 18.4 |
| Deng, Chi | 19 | 132 | 67 | 348 | 18.3 |
| Duncan, SA | 20 | 147 | 66 | 362 | 18.1 |

Not including last night's games

SPORTS**38**

♈ Aries

March 21 - April 20

By all means "borrow" someone else's design if you think it will benefit you in some way. There's no copyright on ideas or insights — if they're out there in the public domain you are entitled to use them.

♉ Taurus

April 21 - May 21

You may be tempted to sell a possession that means a lot to you, but if you do you will most likely regret it. No matter how desperate your money situation may be you should hang on a little while longer.

♊ Gemini

May 22 - June 21

You must not let other people get away with making statements that you know to be untrue. Make it your aim to point out the errors and inconsistencies in what so-called "experts" are trying to pass off as facts.

♋ Cancer

June 22 - July 23

The planets are about to show you a way that you can better yourself without having to work your fingers to the bone 24 hours a day. There are no easy routes to fame and fortune but there are certainly a few shortcuts.

♌ Leo

July 24 - Aug. 23

The message of the stars is that you are subconsciously putting obstacles in your path because you are not sure you are doing the right thing. In which case maybe you should think again about your current plans.

♍ Virgo

Aug. 24 - Sept. 23

You will help a friend or work colleague resolve a difficult problem today. Watch out though that you don't get suckered into doing something for others just because they are too lazy to do it for themselves.

♎ Libra

Sept. 24 - Oct. 23

The answer to your current problem is quite obvious and the only reason you can't see it is because you are looking in the wrong place. Trying widening your horizons a little. Bring the bigger picture into focus.

♏ Scorpio

Oct. 24 - Nov. 22

A work or money problem is not going to just fade away; it will only be resolved when you resolve to do something about it. You don't have to have the definitive answer — just make a decisive move of some sort.

♐ Sagittarius

Nov. 23 - Dec. 21

If you want something enough you will find a way to get it. However, for best results you are advised not to aim for anything too grand. Make it something of a material nature, something you can hold in your hand.

♑ Capricorn

Dec. 22 - Jan. 20

You can look at what happens today either as an interesting challenge or a situation to be avoided. Either way is valid but you will have more fun, and learn more, if you treat it as a challenge.

♒ Aquarius

Jan. 21 - Feb. 19

Not everything in life has a simple answer and the sooner you accept that fact the sooner a solution to an emotional dilemma will appear. Try to think less in terms of black and white and right and wrong.

♓ Pisces

Feb. 20 - March 20

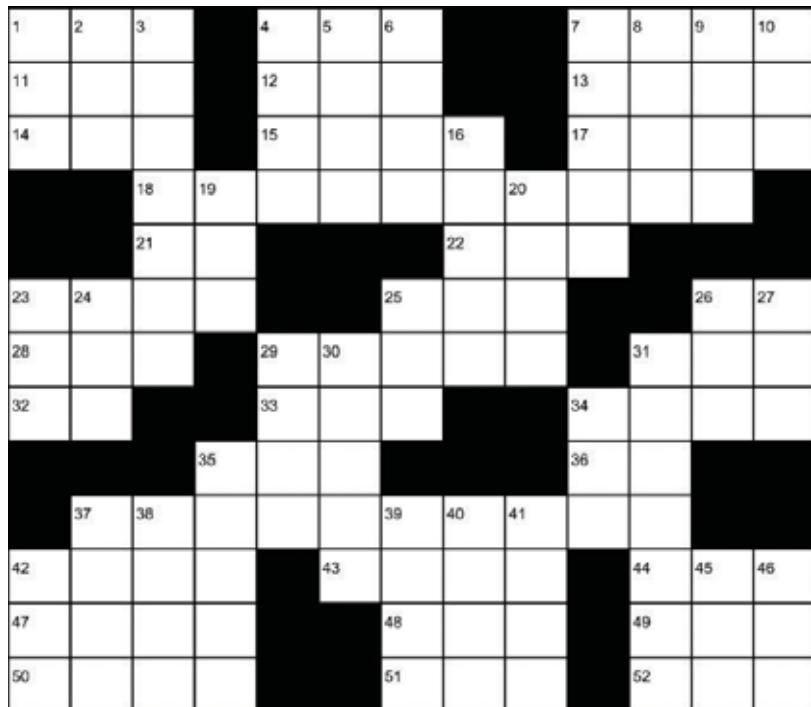
Your authority will be challenged in some way today but it's not the end of the world so don't overreact. You know your own worth and what you are capable of, so stay calm and laugh at those who try to upset you. SALLY BROMPTON

Across

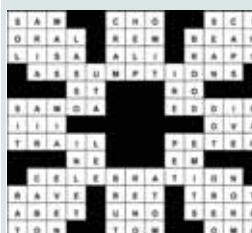
1. Afternoon snooze
4. Bond, for one
7. Appeal
11. Actress Peeples
12. Jonny — Miller of Elementary
13. Name in jeans
14. Extensions
15. Laugh-in regular Johnson
17. Like fine wine
18. Compliance
21. My Name — Earl
22. Transgression
23. Woodwind instrument
25. Knock lightly
26. Part of Santa's greeting
28. Stumpy's pal
29. Collar inserts
31. — Aviv
32. — Cid"
33. Sphere
34. Fr. Father
35. "Peggy — Got Married"
36. Yours, Mine and Ours actress (init.)
37. Rival in sport
42. Indian dress
43. Edge
44. Curve
47. Face shape
48. Grazing ground
49. Taxi
50. Proofreader's mark
51. Cap
52. And so on....

Down

1. Opposite of SSW
2. Feel sick
3. Depth of feeling
4. Concrete piece
5. Salon offering
6. Abominable snowman
7. Homely
8. Building block toy
9. Equal
10. Assist
16. English homework, perhaps
19. Avail
20. Takes tiny drinks
23. Metallic rock
24. Dallas star Barbara — Geddes
25. Keyboard key
26. That girl
27. Spanish cheer
29. Lunchtime favourite
30. Shade providers
31. Patio
34. Paid athlete
35. Put on a happy face
37. Grotto
38. Articulated
39. Tip to one side
40. Notion
41. Kind of spirit
42. Lawn covering
45. The — Patrol
46. Canadian Broadcasting Corporation (abbr.)



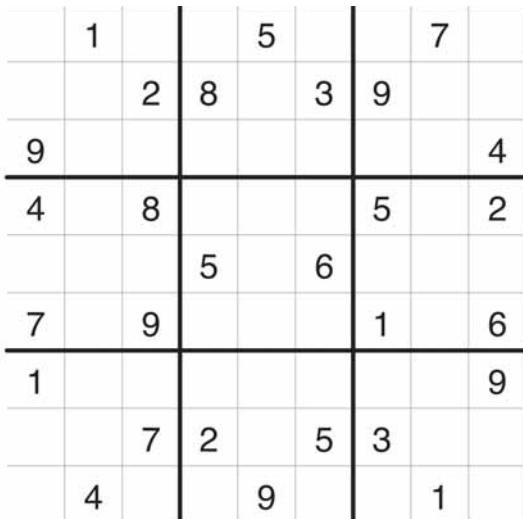
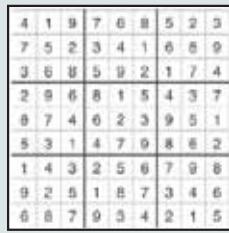
Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's Sudoku



Weather

TODAY

WEDNESDAY

THURSDAY



MAX: 2°
MIN: -3°



MAX: -13°
MIN: -13°



MAX: -5°
MIN: -12°



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